

SUMMER FITNESS SPECIAL

RUNNER'S[®]

WORLD

PR-Proven
**MARATHON
PLAN**

START TRAINING NOW!
p66

EAT & DRINK

**10-MINUTE
POWER
MEALS**
& THE WILD
NEW WATERS

**OWN THE
HILLS**
5 KEY
EXERCISES

p56



**DEAD
FREAKIN'
LAST**

IS IT AWFUL
OR AWESOME
...OR BOTH?

Edi Verdugo
training for a fall
marathon.

*Run
YOUR
Life!*

**LOSE
WEIGHT** ◀

**GET
HEALTHY** ◀

**STRESS
LESS** ◀

**MAKE
NEW
FRIENDS** ◀

(*No Racing
Required*)

Sound Check

BEST (EAR) BUDS

p60

JULY 2015 RUNNERSWORLD.COM

\$4.99US





MO FARAH

Olympic Gold Medalist - 5000M, 10,000M

SO FAST

A close-up of a hand with a wristband, positioned near the large orange text.

***HIS VICTORY LAP
IS YOUR RACE PACE.***

MO FARAH

Olympic Gold Medalist - 5000M, 10,000M





SO FAST



**ITS MIDDLE
NAME IS
ZOOM.**

NIKE AIR ZOOM PEGASUS 32

It makes sense that the Air Zoom Pegasus is Mo Farah's go-to shoe. Both were born in 1983. Both enjoy long, fast-paced runs. And as they approach the finish, both really relish grinding competitors into the dust with a ferocious burst of speed. But while one will cover his last lap in 53 seconds, the other will stick with you to the very end of even your toughest, fastest runs. So if it comes to picking one as a running partner, we'd suggest the one with ultra-responsive Nike Zoom Air over the one with the two gold medals.



FIND YOUR FAST AT [NIKE.COM/RUNNING](https://www.nike.com/running)

SIMPLE FUEL TO GET YOU THRU YOUR RUN

JUST THE STUFF THAT MATTERS.™

ONLY THREE INGREDIENTS: DATES, PEANUTS AND SEA SALT.



WARMUP

JULY
2015

CONTENTS

RAVE RUN

10

EDITOR'S LETTER

12

THE LOOP

14

66

MARATHON TRAINING

YES, COACH?

Leaving the big decisions up to a coach, an RW editor discovers, can take the guesswork out of training.

BY MEGHAN G. LOFTUS



ON THE COVER

Marathon Plan.....	66
10-Minute Power Meals.....	46
Wild Waters.....	50
Own the Hills.....	56
Dead Freakin' Last.....	88
Run Your Life.....	36
Sound Check.....	60

78

RISE OF A RUNNING NATION

In 1882, the fastest man in America beat a Brit in an epic race that changed everything. So why hasn't anyone heard of Lon Myers? BY BILL DONAHUE

86

RUNNING THE WORLD: BOGOTÁ

Despite crazy traffic, running is thriving in this high-altitude city. To the Ciclovía!

BY SERGIO ZAFRA AND NELL McSHANE WULFHART

88

DEAD FREAKIN' LAST... AND PROUD OF IT!

Turns out, finishing in the (way) back of the pack isn't so bad. BY A.C. SHILTON PLUS: Finding pride in a poor finish.

BY LAUREN FLESHMAN

COVER PHOTOGRAPH BY PETER YANG; STYLING BY SHEA DASPIN; SITTINGS STYLING BY KRISTINA KITCHEN FOR ZENOBIA AGENCY; GROOMING BY FRANCES LORDAN FOR ZENOBIA AGENCY; COVER CLOTHING: THE NORTH FACE SHORTS, ASICS SHOES, MICROSOFT WATCH; THIS PAGE: PHOTOGRAPH BY ALL ENGIN

**#RememberRaisins
when you run.**

They provide an all-natural energy source that's proven to help you run longer – and faster. So put some more solar power in your stride with Sun-Maid raisins.

For more nutrition tips and recipes, visit sunmaid.com/fitness



100% NATURAL

Head to head, all-natural raisins are a better energy source than artificial sports gels and chews.



In performance, they tie. In nutrition, raisins win. Big time. Unlike artificial gels, raisins contain potassium, fiber and iron with no added sugar, flavor or color.*

PERFORMANCE ENHANCEMENT THAT WON'T GET YOU DISQUALIFIED

A 1/4 cup gives you 130 energy-pumping, all-natural calories to keep you pushing through the finish line. And they enhance speed and endurance as much as sports chews and gels but without the artificial ingredients.

ADVERTORIAL



SOLAR POWER

PERFORMANCE POWERED BY THE SUN

The energy source that's all-natural, dried-by-the-sun, no sugar-added, fat-free, cholesterol-free, heart-healthy, anti-oxidant rich and increases speed. In short, raisins.

DON'T CRASH

Letting your glycogen levels dip leads to fatigue. Keep your blood sugar at a steady pace even on the steepest inclines.

RAMP YOUR RECOVERY UP TO 11

Throw down some carbs, protein and fluids the moment you finish the race. Post-workout nutrition is key to replenish your body.



A RED BOX OF RAW ENERGY

*Too BW, Cicai S, Hockett KR, Applegate E, Davis BA, Casazza GA Natural versus commercial carbohydrate supplementation and endurance running performance. J Int Soc Sports Nutr. 2012 Jun 15;9(1):27. doi: 10.1186/1550-2783-9-27.

RUN WITH THE SUN





26



52

HUMAN RACE

- 19 **Social Movement** Perusing street art in Los Angeles—on foot, after dark
- 22 **Back Story** After three DNFs, Blake Russell finds redemption in a podium finish.
- 23 **Ask Miles** Should you call bull-hokey on a friend's times?
- 24 **Life & Times** A globetrotter's favorite loop isn't in a travel guide. BY KIM COWART
- 25 **Runner by the Numbers** Qualifying for Boston 50 times—in 50 states
- 26 **26.2 Surprises** A 40th birthday party of marathon proportions
- 28 **Go You!** Remarkable runners
- 30 **Remy's World** How a two-ounce watch weighed one runner down BY MARK REMY
- 32 **Intersection** Bill Clinton's pink sneakers and other faux pas



Remy recently traded in his watch for something more permanent. "Choosing the font was the hardest part," says Remy of his tattoo. "I had wanted something in script. But then I saw American Typewriter. Bingo. What better font for a writer's tattoo?"



"Olive was a huge distraction during the testing process," says writer Bob Parks about his 10-year-old cat. "Something about a bright earpiece on a string was irresistible. When I laid them out to make comparisons, she pounced."

RACES+PLACES

- 99 **The Independence Day Main Street Mile** Festive and fast
- 102 **Trending** Races that celebrate overall descents

I'M A RUNNER

- 112 **Marlen Esparza** The Olympic boxer's mantra before a big event? *Today is the day.*

PERSONAL BEST

TRAINING

- 36 **This Is Not a Race** Not all worthy goals require finish lines.
- 38 **The Starting Line** Turn negative thoughts upside down.
- 40 **The Fast Lane** Workouts on sand dunes will make your muscles extra strong.
- 42 **Race Prep** Yes, it is possible to enjoy a "racecation" and run fast.
- 44 **Ask the Experts** How should I move my arms?

FUEL

- 46 **Meal on a Stick** Five super-healthy, grill-tastic kebabs
- 48 **Fridge Wisdom** Dip your chips in these tasty, low-calorie salsas.
- 50 **Quick Bites** Cactus water? Artichoke water? Don't laugh—drink up.
- 52 **The Runner's Pantry** Sweet and savory ways to eat peaches

MIND+BODY

- 54 **Train Your Brain** You possess more power than you realize.
- 56 **The Body Shop** Make monster hills feel like speed bumps.
- 58 **Pure Friction** Don't let chafing ruin your run.

GEAR

- 60 **Best Buds** The best earbuds for running audiophiles.



WE'RE ALWAYS
RUNNING AT
RUNNERSWORLD.COM



WE'RE LIVE!

Got questions on training, nutrition, race prep, or injury prevention? Curious about RW's HQ? Follow @runnersworld on Periscope to get answers to all things running from our editors and staff.



TRAINING VIDEO

Fortify your form for running strong on both inclines and declines with the workout on page 56. Follow each move at runnersworld.com/hillprep.



I'M A RUNNER

Step into the ring with boxer Marlen Esparza for a behind-the-scenes look at her photo shoot at runnersworld.com/imarunner.



SEEK AND YOU SHALL FIND YOUR PLACE IN THE UNIVERSE.

Michelle Collins



Astronomer, currently seeking to uncover the mysteries of dark matter in the **New Ride 8**



BE A SEEKER > FIND YOUR STRONG

saucony®



See her story at saucony.com/findyourstrong

WARMUP

RUNNER'S WORLD

Editor-in-Chief **DAVID WILLEY**

Publisher **MOLLY O'KEEFE CORCORAN**

Editor **JOHN ATWOOD**
Executive Editor **TISH HAMILTON**

Associate Publisher **PAUL COLLINS**

paul.collins@rodale.com

Editor at Large **AMBY BURFOOT**

Online Advertising Director

Managing Editor **SUZANNE PERREAULT**

CHRISTINE A. SADLIER

christine.sadlier@rodale.com

Articles Editors **CHRISTINE FENNESSY**

Chief Running Officer **BART YASSO**

Senior Editors **BRYAN BOYLE**

bart.yasso@rodale.com

JOANNA SAYAGO GOLUB

Advertising

MEGHAN G. LOFTUS

NEW YORK

Shoe Editor **JONATHAN BEVERLY**

733 Third Avenue, 10th Floor,

Assistant Managing Editor **LINDSAY BENDER**

New York, NY 10017-3204

Associate Editor **ALI NOLAN**

212-673-0300

Senior Projects Coordinator **LORI ADAMS**

New England Advertising Manager

Reporters **KIT FOX, MEGAN HETZEL**

AMY VORLAND TOTA

Executive Assistant **KIRA WRIGHT**

amy.tota@rodale.com

Southeast Sales Manager **MARY ELLEN MORELLI**

maryellen.morelli@rodale.com

Sales Assistant **MELISSA GOLDMAN**

ART + PHOTOGRAPHY

Design Director **BENJAMIN PURVIS**

CHICAGO

Photo Director **CLARE LISSAMAN**

65 East Wacker Place, Suite 1101,

Art Director **ERIN BENNER**

Chicago, IL 60601-3708

Photo Editor **RENEE KEITH**

312-726-0365

Assistant Photo Editor **KRISTEN PARKER**

Midwest Sales Manager **KAREN CROWLEY**

karen.crowley@rodale.com; 312-696-4110

Sales Assistant **JORDAN SCHEIBE**

PRODUCTION

Editorial Manager **CHRISTIAN EVANS GARTLEY**

DALLAS

Art Manager **TARA MAIDA**

Southwest Sales Manager,

DIGITAL

Site Director **CHRIS KRAFT**

Marketplace/Race Advertising/Classified Sales

Executive Producer **ROBERT JAMES REESE**

Manager **MICHAEL AUSTRY**

News Editor **SARAH LORGE BUTLER**

maustry@sbcbglobal.net; 214-674-8126

Editor/Zelle **ELIZABETH COMEAU**

Sales Manager **JACKIE COKER**

Associate Editor **BRIAN DALEK**

jackiecoker@sbcbglobal.net; 801-668-6038

Associate Multimedia Editor

HANNAH MCGDRICK

Designer **DANIEL FUEHRER**

Detroit Advertising Manager **KATHY THORPE**

Senior Multimedia Producer **DAVID E. GRAF**

kathy.thorpe@rodale.com

Junior Video Producer **DEREK CALL**

Sales Assistant **SUE MARINELLI**

Senior Content Editor **SCOTT DOUGLAS**

LOS ANGELES

Tablet Production Supervisor

880 Apollo Street, Suite 329,

JENNIFER GIANDOMENICO

El Segundo, CA 90245-4709

310-252-7518

Southwest Sales Representative

MARK MASERO

mark.masero@rodale.com

Sales Assistant **RENETT YOUNG**

BRAND DEVELOPMENT

Brand Editor **WARREN GREENE**

Training Director **BUDD COATES**

WRITERS AT LARGE

JOHN BRANT, CHARLES BUTLER, BENJAMIN H. CHEEVER,

SARA CORBETT, STEVE FRIEDMAN, CYNTHIA GORNEY,

MICHAEL HEALD, KENNY MOORE, MARC PARENT,

MARK REMY, STEPHEN RODRICK, PETER SAGAL,

ROBERT SULLIVAN, NICK WELDON

CONTRIBUTING EDITORS

KELSEY ALPAIO (DIGITAL INTERN), LIZ APPELGATE,

KRISTIN ARMSTRONG, CHRISTIE ASCHWANDEN,

TODD BALF, ADAM BUCKLEY COHEN,

BOB COOPER, CALER DANILOFF,

LAUREN FLESHMAN, JEFF GALLOWAY, PETER GAMACCINI,

MICHELLE HAMILTON, JOHN HANG, HAL HIGDON,

ALEX HUTCHINSON, LISA JHUNG, CINDY KUZMA,

YISHANE LEE, DIMITRY McDOWELL, JANICE McLEOD (Research),

SARAH BOWEN SHEA, MARTYN SHORTEN (Shoe Lab),

CHRISTOPHER SOLOMON, BARBARA WEBB (Copy)

ADVISORY BOARD

PAM ANDERSON, NATE APPLEMAN;

PAMELA NISEVICH BEDE, R.D.; MARK BITTMAN;

WALTER M. BORTZ, M.D.; RICHARD T. BRAVER, D.P.M.;

JEFFREY L. BROWN, PSY.D.; DAVID COSTILL, PH.D.;

JACK DANIELS, PH.D.; LAURA DUNNE, M.D.;

MICHAEL FREDERICKSON, M.D.;

JANET HAMILTON, R.C.E.P.; CINDRA KAMPHOFF, PH.D.;

NIKKI KIMBALL, M.S.P.T.; JORDAN METZL, M.D.;

DANIEL J. PERELES, M.D.; GESINE BULLOCK PRADO;

STEPHEN M. PRIBUT, D.P.M.; SAGE ROUNTREE, PH.D.;

JOAN BENOIT SAMUELSON; FRANK SHORTER;

CRAIG SOUDERS, M.P.T.; **PAUL D. THOMPSON, M.D.;**

CLINT VERRAN, P.T.; **PATRICIA WELLS**

RODALE INTERNATIONAL

Executive Director of Business Development

& Global Licensing **KEVIN LABONGE**

Editorial Director **JOHN VILLE**

Director of Business Development

& Global Licensing **ANGELA KIM**

Director of Global Marketing **TARA SWANSEN**

Deputy Editorial Director **VERONIKA RUFF TAYLOR**

Senior Content Manager **KARL ROZEMEYER**

Editorial Assistant **NATANYA SPIES**

Production Assistant **DENISE WEAVER**

RUNNER'S WORLD IS A PROUD MEMBER OF



ATTENTION, SPECIALTY RUNNING STORES:

SELL RUNNER'S WORLD IN YOUR STORE,

RISK-FREE. CALL 800-845-8050 FOR DETAILS.



MARIA RODALE

Chairman and Chief Executive Officer

SCOTT D. SCHULMAN

President

PAUL MCGINLEY

EVP, General Counsel,

Chief Administrative

Officer

THOMAS A.

POGASH

EVP, Chief Financial

Officer

ANNE ALEXANDER

SVP, New Content

Development

BETH BUEHLER

SVP, Digital Operations

and Strategy

MIRANDA

DeSANTIS

SVP, Human Resources

CHRIS LAMBIASE

SVP, Group Publishing

Director

MARY ANN NAPLES

SVP, Publisher, Rodale

Books

ROBERT NOVICK

SVP, International,

Business Development

and Partnerships

BRIAN O'CONNELL

SVP, Business Operations

and Strategy

JOYCEANN SHIRER

SVP, Magazine and

E-Mail Consumer

Marketing

J.I. RODALE

Founder, 1942-1971

**We inspire and enable people
to improve their lives and the
world around them.**



Rodale Inc.
400 South 10th Street
Emmaus, PA 18098-0099
rodaleinc.com



CUSTOMER SERVICE: At RUNNER'S WORLD, your satisfaction is important to us. For questions regarding your subscription, call 800-666-2828, e-mail rwdcustserv@rodale.com, or visit runnersworld.com/customer-service.
Reader Preference Service: Sometimes we make our list of customer names and addresses available to carefully screened companies outside Rodale whose products and activities might prove interesting to you. If you do not wish to receive such mailings, please call 800-666-2828 or go to rodaleinc.com/your-privacy-rights. Manuscripts and art: The publisher assumes no responsibility for return of unsolicited manuscripts, art, photos, or negatives. Contributors should enclose return postage. For licensing and reprints: Contact Nick Iademarco at Wright's Media, 877-652-5295 ext. 102, niademarco@wrightsmedia.com.

TALK
WHOLESOME
TO ME.



#GetFresh in the freezer aisle.

Meet the hottest thing in fresh-frozen cuisine. luvoinc.com/wheretobuy

PHILADELPHIA, PENNSYLVANIA

RUNNER

Matt Stanley

THE EXPERIENCE

The John Heinz National Wildlife Refuge at Tinicum Marsh is the state's largest freshwater tidal wetland and a bird-watcher's paradise with more than 300 species, including bald eagles. It's also an urban oasis just eight miles (as the bald eagle flies) from downtown with a nine-mile out-and-back trail that blends gravel, boardwalk, and asphalt. "It's a gift getting to live in a big city with all its energy and still have this place where I can escape," says Stanley.

FAST FACT

The marsh once covered more than 5,700 acres. It now spans just 285 acres.

BRAKE FOR BIRDS

On the boardwalk, check out swallows in the elevated nesting boxes over the water.

LOCAL FARE

Grab a cheesesteak at Cosmi's Deli at 8th and Dickinson. "It comes with better steak, and you're not shuttled through an assembly line like you are at some of the better known spots," says Stanley.

PHOTOGRAPHER

Steve Boyle



FOR DIRECTIONS,
RESOURCE INFORMATION,
AND DOWNLOADABLE
WALLPAPER IMAGES, VISIT
[RUNNERSWORLD.COM/
RAVERUN](http://RUNNERSWORLD.COM/RAVERUN).





LASTING IMPRESSIONS



I'VE HEARD a version of it uttered at almost every big race I've ever run, usually as a way to calm pre-race nerves. I've said it myself: "I know two things for sure. I'm not going to win and I'm not going to lose." In other words, relax, run your own race, and try to enjoy it. In the middle of the pack—that bell-curved melting pot of age groups and genders and body types—there's no pressure. The pressure is up front, where money and public expectations are on the line, and at the very back, where...what happens, exactly?

We can imagine what it feels like to win a race—the donning of the laurel wreath, the hoisting of the trophy—because we see those moments glorified in photos and video feeds. But long after the victor has showered, spectators have gone home, and aid stations have been broken down, people are still out there running. Eventually, one of them finishes last. Very few of us know what that's like, and who'd want to, given the stigma? After all, in a culture that lionizes winners, aren't those who come in last losers?

Not in road racing, they're not. (See "Dead Freakin' Last...And Proud of It!" on page 88.) In any race, the last finisher is no more

a "loser" than one who finishes in the middle, and I have just as much respect for the runner who stops the clock as I have for the one who breaks the tape. First and last are very different achievements, but both require guts, ability, and dedication. A 2:03 marathon (the current world record is 2:02:57) is inconceivable to me. But I couldn't run for seven or eight hours, either.

At the past four Runner's World Half Marathons, I've started in last place, waiting until all 3,000 or so runners (as well as the police escort) have taken off before I step across the timing mat. Then I make my way forward, at about nine-minutes-per-mile pace, to meet and cheer on as many runners as possible. Usually, the people in the back are happy for the company. There are lots of encouraging words and on-the-run selfies. But I've seen self-consciousness, too. It isn't easy to pull up the rear.

At our Heartbreak Hill Half in Boston last year, Heather Gannoe had a tough time. An avid runner with a 1:40 PR, Gannoe woke up on race morning with a bad cold and an upset stomach. It was a hot day, and she ended up running and walking, finishing 3,065th out of 3,074 in 3:31. The sparse crowds, tapped-out aid stations, and packed-up bands upset her, but as one back-of-the-packer she met said, "Honestly, I don't know any different."

At our races we award up to \$300 in prize money to the top three finishers (male and female) in the 5K, 10K, and half marathon (as well as for the winners of the combined Hat Trick). Although the purses are small, we think it's important to support competitive runners whose sponsorships (if they have any) often don't cover a year's worth of running shoes.



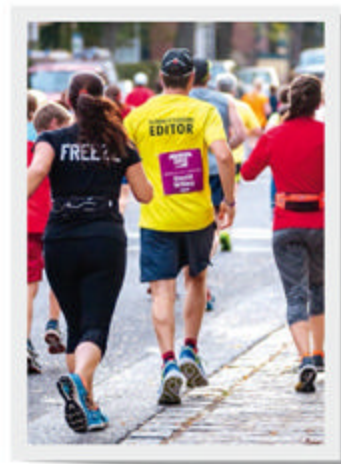
"The difference between running in the front half of the pack and the very back is night and day," blogged Gannoe. "But everyone runs for their own reasons. Finishing is not about medals or cheerleaders, it's about personal accomplishment."



Bevis was happy to find a cheering crowd at the finish line and adds, "It was kind of cool to have a police escort for the last two miles!"



"I was proud to be last, carrying my running partner" says Yost (above, in pink). "She wanted to do my first half with me but had just finished chemo for breast cancer. After mile 10, she did not have the strength to go on, so I put my arm around her waist and carried her. When we came to the finish line, she wanted to cross on her own. That's the spirit of running!"



Running at the back of the pack (above) and greeting late finishers (far left).

But just as this magazine is published for all runners—beginners as well as lifelong marathoners, from the front of the pack to the back—at our events we try to do right by everyone. So after finishing last year's Bethlehem Half, I stood on the homestretch with Race Director and RW Chief Running Officer Bart Yasso. The finish-line announcer at five or six races each year, Bart makes a point of calling in every single runner he can, however long it takes. We were there when Tony Bevis finished with fellow members of his Sub-30-5K group who'd circled back to join him. And we were there when our last finisher, Julianne Yost, followed behind them, crossing the line in 3:57:10. "I never utter the word 'last,'" Yasso says. "No one *wants* to be last, and 99 percent of those at the back are new to the sport. It's key to stay positive so they are encouraged to keep running."

So to any runner who might finish last at the RW Half in October, I promise you this: You will not be alone. Bart and I, and lots of volunteers and fellow runners, will be waiting for you. Music will be playing. Food and drink will abound. We will announce your name, celebrate your achievement, and make sure you understand—that you know it in your heart and your bones—that you do not have to receive prize money to feel like a winner.

DAVID WILLEY

EDITOR-IN-CHIEF @DWilleyRW



PRECISION MATTERS.

IT MATTERS
IN EVERYTHING.
TO US, IT MATTERS
MORE THAN ANYTHING.
EXPLORE AT GMC.COM

©2015 General Motors. All rights reserved. The marks
appearing in this ad are the trademarks or service marks
of GM, its subsidiaries, affiliates or licensors.

GMC WE ARE PROFESSIONAL GRADE



THE INBOX

TRUE TO FORM

Even though I've been a runner for more than 50 years, the form tips in "Run Like Meb" (May) have rekindled my enthusiasm for the sport, proving that an old dog *can* learn new tricks.

EVAN BLACK, VIA EMAIL

THROWBACK THREADS

While all of the iconic racing uniforms ("Flash from the Past," May) were great, maybe the best was left out. It's not the most artistic, but **Bill Rodgers** created a memorable T-shirt for his first Boston win in 1975. (I wonder if he still has it?)

KEN DICKENS, VIA EMAIL

MERCI BEAUCOUP!

I loved "Running the World: Paris" in the May issue. I found it especially helpful because I will be living on the Left Bank this summer as I train for my first half marathon.

EMMA HURLBERT, VIA EMAIL

BIRD ON THE RUN

It was nice to learn that Larry Bird, one of my all-time favorite players, is a runner ("On the Run with Larry Bird," May). Move over, Meb, I have a new favorite runner now.

WILLOUGHBY PRODS, VIA FACEBOOK

I never knew Bird was an avid runner. It all makes sense—his endurance would allow him to do things at the end of games that made him a legend.

SCOTTY MARTIN, VIA FACEBOOK

CORRECTION: In "Running the World: Paris" (May), the location shown on page 88 is Rue des Rosiers, not on Île Saint-Louis.

Send comments to letters@runnersworld.com. If your letter is published, you'll receive an RW T-shirt.

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of RUNNER'S WORLD and may be published in any medium and for any use worldwide.

That shirt spent 35 years at the Bill Rodgers Running Center, a specialty running store in Boston, until the shop closed in 2012. It's now on display at Nike Headquarters in Beaverton, Oregon. "I found the shirt on a run in a trash can," says Rodgers, who added the writing on it in marker. "It was beautiful; no chafing, and light as a feather."



THE BRIGHT IDEA

Summer is the perfect opportunity to share your love of running with a friend (or two or four!). Inspired by the season and the Runner's World Get Someone Running Challenge, RW staff coach **Budd Coates** (above) helped out our colleague **Lauren Ladoceur**, deputy digital editor at *Rodale's Organic Life*. Read about Ladoceur's experiences in the July/August issue of *ROL*. Want to get involved? Find tips and advice about how to #GetSomeoneRunning at runnersworld.com/getsomeonerunning.

THE GALLERY

#RWTRAVEL

Readers sent us some sweet vacation shots.



Waimanalo, Hawaii
—@brideeschriber



Rotterdam, The Netherlands
—@endorphinist



Dubrovnik, Croatia
—@dan_smith09



San Francisco
—@afoodiestaysfit

Next month, show us on Instagram how you rehydrate after a hot run. Tag it #RWRefresh.



THE LATEST

On April 9, just weeks after we published "40 Million Steps Around the Globe" (April) about Australian Tom Denniss's record 622-day run around the world, Englishman **Kevin Carr** took the title. His 621-day trek beat Denniss's by a matter of hours. So now, what's it like to *not* log a marathon every day? "It's quite hard to adjust," Carr says. He runs "short, impromptu jaunts" once or twice a week, and faces a lengthy regimen of physiotherapy to correct the effect that pushing around a 100-pound supply cart had on his posture.

THE QUESTION

f WHAT'S YOUR RUNNING-RELATED PET PEEVE?

"Spectators smoking."

—Megan Floyd-DuBose

"The opening scene from *Little House on the Prairie*, when Half Pint runs through the prairie. Her form is wrong."

—Robert Nourse

"Not being able to poop before I run."

—Alisha D. Marshall

"That the finish line is always so darn far away from the starting line. Whose bright idea was that?"

—Heather Shoemaker

"Running by restaurants that emit the smell of a deep fryer."

—Julie Meyer

"People who call all races 'marathons.'"

—Christina McDowell Parks



In May, Verdugo was set to run his first official 26.2 at the Rock 'n' Roll San Diego Marathon—then try a second at the San Francisco Marathon in July.



Run beneath peak fall foliage through the streets of historic Bethlehem, Pennsylvania.

THE COVER

Cover model **Edi Verdugo**, 31, grew up on a heaping diet of homemade Mexican food.

To get healthy, he picked up running in high school. "It created a snowball effect and led to a love affair with fitness," the Los Angeles native says.

Cover photo by **Peter Yang** in **Miami**.



THE OUTTAKE

After 13 attempts, RW senior editor **Meghan Loftus** still hadn't nailed a Boston qualifier, so she hired a coach. "I could finally stop devoting energy to planning my training and just train," she says. Would a coach help you? Find out on page 66.

THE REMINDER

It's almost time to start training for the fourth annual **Runner's World Half & Festival!** Come to Bethlehem, Pennsylvania, October 16–18 and run with us in the 5K, 10K, or half marathon (or toe the line at all three for the Hat Trick). We have a jam-packed weekend planned: There's a trail race, a kids run, a dog run, seminars, a shoe lab, live music, food, and much more. Sign up today at rwhalf.com.



NOW BE

The beast you
were meant to be



McDAVID

BE PROTECTED with
TEFLX Technology

McDavidUSA.com #NowBe



ENERGY IN CONTROL

RUN SMOOTH AND STABLE

adidas.com/running




adidas

OL

SUPERNOVA SEQUENCE 8

Saving People Money Since 1936

**... that's before the
modern treadmill.**

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO®



BQ'ING IN ALL 50 STATES p25 + A 26.2-MILE BIRTHDAY PARTY p26

HUMAN()RACE

NEWS, TRENDS, and REGULAR RUNNERS doing AMAZING THINGS

SOCIAL
MOVEMENT

NIGHT MOVES

A running club explores street art in Los Angeles—lit by streetlamps.

Erik Valiente keeps his head up and camera ready when he takes to the streets of Los Angeles. Combining two of his passions—running and art—has earned him a digital and literal following. “I’ve always been a street art fan, so I’d post pictures on social media of art I’d see ➔

The BlacklistLA running club passes Tristan Eaton's “Peace by Piece” in downtown L.A.

PHOTOGRAPHS BY ALEX ARISTEI

JULY 2015 RUNNER'S WORLD 19



→ on my runs,” says the 26-year-old marketing manager and marathoner. “My friends were like, ‘Where are you finding these cool art pieces?’” Valiente invited them to join him on a visual foot tour of the city. His buddies were so impressed with the roving art show, they persuaded Valiente to make it a standing date.

Word spread, and in the span of two years, Valiente’s group, now known as BlacklistLA, has grown to more than 300 members. The club meets every Monday night for three- to four-milers that take in public art in downtown L.A. and surrounding neighborhoods. Valiente can keep his routes varied thanks to the fact that L.A. is home to several thousand murals and graffiti works. “The art pieces are usually within a two-mile radius of our meeting location,” says Valiente. “In one month, we try to discover four new art pieces. Our

BlacklistLA runners with Robert Vargas’s mural “Our Lady of DTLA.”



STREET SMARTS

How Erik Valiente maintains order and keeps his BlacklistLA runners safe

They Stick Together

Speedsters sometimes sprint from streetlight to streetlight, but they always wait for back-of-the-packers. “This is not a race, but an experience around Los Angeles,” Valiente says. “Everyone is prepared to stop if gaps start forming.”

They Communicate

Everyone shouts warnings about cars, uneven sidewalks, and approaching pedestrians.



They Use Pacers

Ten “Pulsers” are dispersed through the crowd, carrying stereos that play reggae, hip-hop, and rock music to keep runners on pace. “Pulsers keep you safe and lead the way,” Valiente says. “If you hear music, you are close enough to someone who knows what they’re doing.”



From the club’s code of conduct: “We are community-orientated and stronger together. We inspire movement, celebrate each other, and we all ooze positive vibes only.”

runners love experiencing Los Angeles in a unique way.”

Valiente set a 10 p.m. start time to escape L.A.’s notorious gridlock (“If we did it earlier, all you’d hear is traffic,” he says), and to cater to busy people who are more likely to meet up after work is over and kids are in bed. “I get that people have work and families, and there’s a need to be in your car,” Valiente says. “But we leave for work in a bubble and then come home in a bubble. I

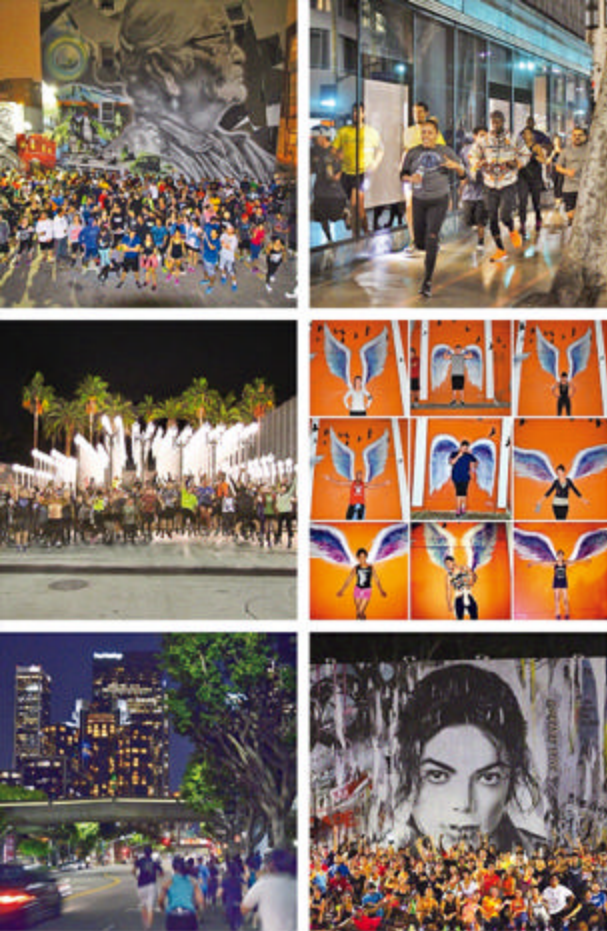


BlacklistLA’s name is a reference to the former underground “blacklisted” status of street artists.

want to help people feel the city and be a part of a community. Time seems to slow down when you’re out at night.”

BlacklistLA attracts a mix of locals and tourists, artists and runners. “We get serious runners and art enthusiasts, but once they join our group they’re both,” Valiente says. Daisy Martinez, 25, is a good example: A grad student at California State University, Los Angeles, she never considered herself a runner before a friend

THIS PAGE: PHOTOGRAPHS BY BLACKLISTLA VIA INSTAGRAM (MURALS); STUART BURFORD/ALAMY (BOOM BOX); JURI PLUSHCHENKO/ALAMY (CAN); OPPOSITE PAGE: PHOTOGRAPHS BY BLACKLISTLA VIA INSTAGRAM (TOP 6 IMAGES)



Photos taken on-the-run by BlacklistLA members fill the club's Instagram feed.

Seperthed, a muralist best known for his intricate line work and use of psychedelic colors. “I love the group photos in front of my work on Instagram. This is another platform to promote awareness.” On two occasions, BlacklistLA ran into street art in progress and talked with the artist. And once, an artist joined the group for a run.

Valiente wants runners in other cities with thriving public art scenes to follow his lead. “Sometimes I ask people to describe the art in their neighborhood and they can’t,” Valiente says. “They’re running by it, but they aren’t taking it in. I want people to appreciate things around them.”

—DANA ZEPEDA

introduced her to BlacklistLA last year. “I ran my first three miles with BlacklistLA, and now I’m running marathons,” says Martinez. “The support and guidance I’ve received is unbelievable. Blacklist

LA isn’t just a club. It’s my running family.”

Artists feel the love, too. Runners interact with them by tagging them on social media, and artists often respond. “What the club does is amazing,” says



Club members generally see a new art piece each week.

SUPPORT YOUR MUSCLES

©2015 CW-X. CW-X is a Microcast Corp. registered trademark.



CW-X® Pro Tights
PRO WEB SUPPORTS
THE HAMSTRINGS,
QUADS AND GLUTES

MEN'S TIGHT

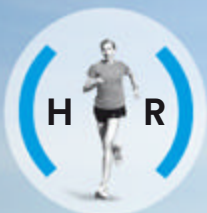


CW-X.

CONDITIONING WEAR.

Endurance Engineered.

 cw-x.com



Blake Russell runs through this issue's HR logo.

BACK STORY

BLAKE RUSSELL

39, PACIFIC GROVE, CALIFORNIA

After Russell finished 27th in the 2008 Olympic Marathon, it seemed like she might never fulfill her promising potential. She dropped out of her next three 26.2-mile attempts (in 2011, 2012, and 2014). But in March the mother of two found happy redemption in Los Angeles, where she placed third and finished as the top American woman in 2:34:57. —MICHELLE HAMILTON

WHAT A RELIEF

In L.A., part of me wishes I'd charged for second, but I am elated and thankful. Just finishing was huge.

CELEBRITY TOAST

A high school friend is now a writer on the TV show *Bones* [Michael Peterson]. He came to my sister's house in L.A. after the race, and our families celebrated with wine and good food.

FIXER-UPPER

I have a hard time relaxing, so tapering drives me nuts. For L.A., I painted the kids' rooms to stay busy. I'm addicted to HGTV.

MY MANTRA

"Strong, relaxed, confident." It keeps me calm.

DAILY TREAT

I love chocolate-chip cookies. I make them almost every day.

GETTING Z'S

I'm exhausted the day before a race. I think my body knows what's coming. Sleeping the night before is tough, so before L.A., I went to a different hotel than my family and took a nap.

GROWING OLD

My husband jokes that he wants me to go far away on my 40th birthday [July 24]; he anticipates a meltdown. In truth, after having friends die too young, I'm thankful to be here, enjoy life, and see my kids grow up.

WORKING MOM

I'll likely return to physical therapy. I see myself opening a clinic when my 2-year-old daughter, Liv, is older.

MASTER PLAN

I want to keep competing. I think I can keep it fun and exciting.



SIDE GIG

SPORTS COLUMNIST

"Writing for the *Monterey Herald* gives me something to think about when I run."

BEHIND THE CAMERA

"My 6-year-old son, Quin, sometimes takes photos for me to use with my stories. He has a good eye and is very good at technical stuff."

WRITER'S BLOCK

"Writing is easy when things are going well. But when they're not, I really struggle. It's not fun to fail on a huge stage and then have to write about it."

LESSON LEARNED

"One column was about teaching Quin to be positive. So instead of telling me his friend was slow in PE class, he said his friend was 'really good at running slow.'"



ASK MILES

He's been around the block a few times—
and he's got answers.



My running partner and I track our runs online. When she posts her solo runs, her times are significantly faster than I know she is capable of running. She brags about it. Should I call her on it, or just let it slide?

—Melissa R., Seattle, WA

Melissa, this is what legal experts call a “victimless crime.” It’s also known, among runners, as “annoying.” So I understand the urge to call bull-hoey on your friend. I’d advise against it, though. While it may bring you a certain amount of satisfaction, at least initially, exposing this subterfuge will come at a cost—namely, hurt feelings and maybe even the loss of a running buddy. Poor trade-off, if you ask me. You know the truth. Your friend herself knows the truth. Let it slide.

I trained for and ran two half marathons and had a borderline miserable experience at both. How many should I try before I conclude that shorter events are my ideal distance?

—Claire Z., Evanston, IL

That depends. Are you determined to run at least one “successful” half marathon (meaning, one that isn’t miserable) in your lifetime?

Will you forever feel defeated or incomplete if this doesn’t happen? Does hearing fellow runners speak of happy half marathons fill you with shame or jealousy? If you answered “yes” to any of these, go find a coach (see page 66). Explain your situation, share your previous plans, and ask for help. Then register for one more half. If you answered “no” to those questions, well, just write off 13.1s and move on. Some folks naturally excel at longer distances. Some don’t. This is the way of the universe.

Have a question for Miles? Email askmiles@runnersworld.com and follow [@askmiles](https://twitter.com/askmiles) on Twitter.

MILES ASKS

If you could have one running superpower, what would it be?

- ▶ Never get tired. Obviously. [@hawkeyesandjays](https://twitter.com/hawkeyesandjays)
- ▶ The power to be photogenic for all my race photos. [@essayareayaitch](https://twitter.com/essayareayaitch)
- ▶ Never having to sleep or use the toilet. [@runfrancisrun](https://twitter.com/runfrancisrun)

ILLUSTRATIONS BY ANDY REMENTER

SUPPORT YOUR JOINTS

©2015 CW-X. CW-X is a Mercol Corp. registered trademark.



**CW-X® Stabilix™
Polka Dot Tights**

**STABILIX WEB SUPPORTS
THE CORE AND KNEES**

MEN'S TIGHT



CW-X.

CONDITIONING WEAR.

Endurance Engineered.

cw-x.com



Life & Times

BY KIM COWART



HOME RUN

Epic runs in exotic places are great. But the best experiences are the most familiar.

Six mornings a week, I lace up my shoes and head west from my home in a suburb south of Salt Lake City. After a quarter mile, I hang a right and begin a 1.2-mile ascent up a paved path, turn left, and follow a 3.6-mile loop around a manmade lake. I know every crack and turn of this trail as intimately as I know each freckle on my daughter's nose. ¶ When I took up running eight years ago, I changed my “Places to See” list (the Great Wall of China, Africa, the Matterhorn) to “Places to Run.” Since then, I’ve run through the ghost of the Berlin

Wall and the mist in San Francisco. Been chased by sheep in Wales and increasing humidity in the Caribbean. Learned that haggis really *is* bad, especially before a long run, and greasy pizza served with a New York attitude makes the best prerace fuel. For a while, I believed the more spectacular the location, the more spectacular the run.

This loop I travel six days a week isn’t in any travel brochure. It has no worldwide significance. But it is significant to me. This realization slowly dawned on me; after each trip, I found that first run on my trail as satisfying as sleeping in my own bed. I felt a craving for its familiarity.

I know that in spring I have to

alter my route on the south side of the lake to avoid the blackbirds defending their nests. I know tree roots have pushed through the asphalt on the east side and challenge my agility. I know the perfect rock on the north side for stretching sore calves.

The most significant runs in my life have all happened here. It was here where I ran for the first time after the 2013 Boston Marathon, on a rainy Sunday morning, where geese were the only witnesses to my sobs. Where I ran and worked through fear and grief after learning that my dad and two close friends had all been diagnosed with cancer within days of each other. Where I ran after learning the lump I’d found was benign and where I watched the sun rise over the Rockies, vowing to give thanks for every workout, good or bad.

It was here where we started our Cowart Family Donut Run, where my husband, two daughters, and I run to a bakery, load up on chocolate cake donuts and maple bars, and run back to my resting rock to feast on sugar.

And every Friday morning, my best friend Shelly’s black Subaru pulls into the dirt lot on the north side. During 10 miles of running clockwise around the lake, we lace together our friendship and work through victories and disappointments as our sweat wicks away the week’s stress.

The biggest moments in my life have been celebrated, determined, or mourned here. And while no one is going to spend their savings to visit this place, I’ve learned that memories mean more than monuments. I won’t be letting my passport expire anytime soon, but my favorite place on earth to run is outside my front door. 🍩

Follow Kim Cowart’s running adventures at deseretnews.com.

RUNNER BY THE NUMBERS

DENNIS FRISBY

60, ORLAND PARK, ILLINOIS

Frisby spent the last 12 and a half years attempting to qualify for the Boston Marathon in all 50 states plus the District of Columbia. He accomplished the feat with a 3:40 at the 2014 Twin Cities Marathon in Minnesota, his last state. Frisby joins a cadre of about 10 runners who have BQ'ed in every state. "I'm competitive; that alone could have taken me through it," says the estate planner. "But in reality, my desire to make my wife and four daughters proud propelled me." —MICHELLE HAMILTON

1,676.8

MILEAGE ACCUMULATED IN MARATHONS DURING HIS QUEST

3

Number of times it took him to qualify in Kansas. In six other states he needed two attempts (CO, GA, HI, ID, MT, NM). The rest he nailed on the first try.

\$5,750

MONEY SPENT ON RACE ENTRIES

ONE

INJURY SUSTAINED DURING THE QUEST—A FRACTURED FIBULA IN 2002

THIRTEEN

Number of days between his two closest marathons, the North Shore Marathon on Oahu (3:47) and the New Mexico–Texas Challenge Marathon (3:44), in April 2014



2016

Year he plans to run Boston (for the fourth time). "I told my daughters that if I am alive, I'll be running marathons into my 90s. I'll break out of the nursing home if I have to."

70

TOTAL NUMBER OF MARATHON MEDALS IN HIS COLLECTION. "WE'VE DECORATED OUR CHRISTMAS TREE WITH THEM."

18

Number of times Frisby placed in the top three in his age group



SUPPORT YOUR SPEED



CW-X, CW-X is a Mercol Corp. registered trademark

CW-X® Revolution™ Tights
REVOLUTION WEB PROVIDES
LIGHTWEIGHT JOINT SUPPORT

MEN'S TIGHT



CW-X
CONDITIONING WEAR.

Endurance Engineered.

cw-x.com



Chris (black shirt) spent a year planning the event for John (red shirt).



26.2 SURPRISES

A brother recruits family and friends to each run one mile of a marathon with a birthday boy.

➔ **When your big brother**—with whom you have run 21 marathons—turns 40, how do you celebrate? If you're Chris Heuisler, the RunWestin Concierge for Westin Hotels, you plan a surprise party of marathon proportions. Chris arranged for a person of significance from his brother John's life to meet them at each mile marker of the Rock 'n' Roll Raleigh (NC) Marathon and then run that mile. (Chris ran all 26.2.) John, clueless about the plan, arrived at the start on April 12 with the goal of going sub-3:25. Instead, here's what happened. —KIT FOX

START CHRIS HEUISLER, 35, Belmont, MA / "At the start, I almost lost it. He's standing there oblivious, and I am almost crying."

1 TIM DeLONE, 40, cousin, Los Angeles / "I dressed up as Fletch [at right]. His response? It can't be printed."

2 KATY HEUISLER, 32, sister, Philadelphia / "He realized something was up. He had been

planning his own party; he asked me if that was off."

3 MIKE BLANCHETTE, 40, college rowing teammate, Charlottesville, VA / "I wore a rowing unisuit. It wasn't very supportive."

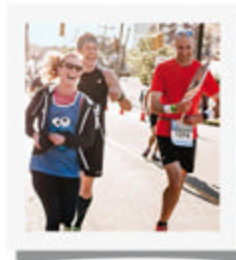
4 JENN OSCELL, 41, cousin, Phoenixville, PA / "I knew the pace he and Chris were capable of, and I worried about not keeping up."



Tim DeLone ran as the Chevy Chase character from the 1985 movie *Fletch*.

5 SUSAN DURKIN, 48, cousin, King of Prussia, PA / "John was in complete shock."

6 ANDY DURKIN, 44, cousin, Downingtown, PA / "I hadn't run in 10 years."



7 KATHY DURKIN, 49, cousin (above), Devon, PA / "I was up and ready at 4:30 a.m., which is impressive. Everyone—except Chris and John—partied the night before."

8 FRANK MARKEY, 38, rower, Phila. / "I realized how cool this was and how much work it took. I had a stress dream the night before that I had leaked it to John."

9 CHRIS TOLSDORF, 45, rowing coach, West Chester, PA / "I pushed the pace to make him hurt a little bit."

10 RICK BARNARD, 39, rower, Washington, D.C. / "My sons ran with us. I thought, *I hope my kids grow up and do something like this for each other.*"

11 PETER GREENHALGH, 31, cousin, Phila. / "I wore a green man costume with a mask. At first, I didn't say a word. John had no idea who I was."

12 RACHEL HEUISLER, 36, sister-in-law, Belmont, MA / "Chris has creative, ambitious ideas. Sometimes I have to dampen his excitement, but not this. It was the perfect culmination of what John cares about."

13 TIM HEUISLER, 28, brother, Phila. / "I wore a Challenged Athletes Foundation [CAF] shirt. As we approached mile 14, Chris pointed to my shirt. And then we saw Chris Tate."



14 CHRIS TATE, 29, Challenged Athletes amputee (above), Reston, VA [John and Chris had never met, but John fund-raises for CAF.] / "That's the first time I have ever met someone with that big of a hug. It was really emotional."

15 NIKI DeLONE, 41, cousin, Nashville / "My brother Tim and I are going to sign up for our first half marathon because of this."

ALL HEART ALL AT YOUR WRIST



Forerunner 225 with wrist-based heart rate.

Hate wrestling with a heart rate strap on the run? We get it — so we got rid of it. We even refined how this watch gauges your effort, so you don't have to decide if 176 beats per minute means you're cookin' or almost cooked. Create customized workouts or download free training plans at Garmin Connect, send to your watch and get coach-like guidance.

See it at Garmin.com/forerunner

©2015 Garmin Ltd. or its subsidiaries

save › plan › share **connect**
powered by Garmin

GARMIN.

Forerunner® 225



All the runners (plus additional family members) greeted John at the finish. Chris also rented a house for a postrace bash.

16 JASON KIRKNESS,
44, friend, Baltimore
“While waiting for John, I chatted with a state trooper who told me that the first guy to run a marathon died afterward. I thought, *Why do people do this?*”

17 JUSTIN MANNING, 37,
rower, Victoria, BC
“By my turn, the jig was up. But he didn’t expect to see me.”

18 BILL HEUISLER, 38,
brother, L.A. / “I did a fake Instagram post pretending to be at home, so seeing me blew his mind.”

19 LATOYA HEUISLER,
32, sister-in-law, L.A. / “Bill and I aren’t runners. We make fun of runners.”



20 SHARON HEUISLER,
66, mom (above), Ardmore, PA / “I went to a track to train to run the mile. I’m just happy to know my kids love each other enough to do this.”

21 JAMES DeFILIPPI, 37,
friend, Arlington, VA
“I ran a half-mile to a convenience store to buy John a beer, but they wouldn’t sell me



one before noon. I had to run back beer-less.”

22 DAVE BERTELLI,
40, rower, Wake Forest, NC / “I was supposed to run a mile to get to my spot. I got lost and ended up running eight miles. I was spent.”

23 JOHN HEUISLER SR.,
69, dad (above), Ardmore, PA / “I am blessed with wonderful children. It was special to have them all together.”

24 RACHEL ELIZALDE-POWELL, 40,
of Wear Blue: Run to Remember (a running

group for military families who’ve lost loved ones), Renton, WA [Powell’s brother died in Iraq in 2007; John served in the Navy.] / “We talked about the bond siblings have and how they motivate each other. My brother and I were going to run together when he came home. I’ve run eight marathons since he was killed.”

25 KELLEY HEUISLER,
33, wife, Baltimore
“I had been waiting for that moment for a year. All these incredible people did this for him. He got to see how rich he is in life.”

26 ADDIE, 3, and ELOISE HEUISLER, 1,
daughters, Baltimore
John: “It was overwhelming to finish with my wife and daughters. I didn’t run my fastest time [4:00:29], but it was my best time.”



John with his wife and daughters at mile 26.



Runners who inspire us



KATHERINE BEIERS
The oldest 2015 Boston Marathon

Beiers, 82, had plenty of incentive to push to the finish of the Boston Marathon. The oldest runner in the field and the only woman over 80 finished in 5:53 to earn her ninth Boston age-group trophy. One more award and she’ll be able to give one to each of her 10 grandkids. The former mayor of Santa Cruz, California, now has 35 marathons, a dozen 50Ks, and three 50-milers to her credit. She celebrated Boston with a champagne toast and is already looking forward to Boston 2016. “I will absolutely be back,” she says. “I’ve got to get that 10th trophy.” —NICK WELDON



BRYAN MORSEMAN
Winning marathons to support his son

In the span of eight days in March, Morseman, 29, was the first to cross three marathon finish lines—and his third performance was his fastest: 2:24. Then in April, Morseman, who lives in Bath, New York, notched two more victories. Of the 45 marathons he’s run in his career, he’s won 24. Morseman hopes to compete in the U.S. Olympic Marathon Trials (his PR is 2:19; he needs a 2:18), but for now, the father of two is focused on winning as many races as he can. “Every dollar I earn from racing goes toward medical bills for my 11-month-old son, Leeim, who was born with spina bifida,” says Morseman, who works as a precious metals clerk and collected \$7,750 for his March and April winnings. “That’s my biggest inspiration.” —MEGAN HETZEL



The Altra logo, featuring a stylized wing-like shape above the word "ALTRA" in a bold, sans-serif font.

THE NEW SOLE OF RUNNING

EXPERIENCE
FOOTSHAPE™
FREEDOM



PARADIGM 1.5
MAX CUSHION

WE CHANGED THE RUNNING SHOE FOR A REASON—WE WANTED A BETTER RUN. WHAT BEGAN AS AN EXPERIMENT IN THE BACK ROOM OF A RUNNING STORE HAS REVOLUTIONIZED THE RUNNING EXPERIENCE. IT MAY LOOK DIFFERENT, BUT OUR **FOOTSHAPE™** TOE BOX PROVIDES THE FREEDOM YOUR FEET DESERVE. MORE SPACE, GREATER COMFORT AND A RUN THAT SETS US APART.

ALTRARUNNING.COM | [#ZEROLIMITS](https://twitter.com/ZEROLIMITS)



Remy's World

BY MARK REMY



OFF THE CLOCK

My running watch weighs two ounces. So how did it come to feel so heavy?

The scene stopped me in my tracks. Literally. ¶ Up until that point, my run had been good but not great—the sky was clear, the trail was quiet, it was warm enough for short sleeves. Then I rounded a corner, moving at a pretty good clip, and *boom*. The sun was hitting this certain tree at just the right angle, making the leaves glow. Seriously. They radiated life. I may have actually said—out loud, to myself—“Wow.” I put my run on hold, standing there awhile just to absorb. ¶ Once I’d had my fill of splendor, I resumed my run. As I did, I looked down at my GPS watch to see how much this diversion had cost me, in terms of pace. Which stopped me in my tracks again. ¶ *What the [Very Bad Word]?* was my first thought. *Why do I wear this thing, again?* was my second. ¶ That second question was meant to be rhetorical. But it got me thinking. I spent the rest of the run trying to come up with a satisfactory answer to that—*Why do I wear this thing?* I couldn’t do it. When you find yourself wondering how much a few moments of beauty “cost” you on an easy midday run, I decided, maybe it’s time to revisit how you assess costs and benefits. ¶ When I came home, the watch came off. I haven’t worn it since. I don’t miss it, with the possible exception of the tan line. I always took great pride in the tan line I would cultivate each summer on my left wrist. It became an indicator of how much I’d been running—more contrast meant

more mileage. Now my wrists are uniformly tan.

It’s weird.

If I had to guess, I’d say that 90 percent of my lifetime runs have been done with a watch of some kind on my wrist. No exaggeration—nine out of 10, easy. For a very long time, putting on a watch was as automatic as putting on my shoes.

It was mindless. Which, for me, was part of the problem.

The groundwork for all this was laid early. As a road cyclist in the 1980s and ’90s, I always had a “cyclometer” clamped to my handlebars. How else would I know how fast I was going, how far I’d ridden, how many miles I’d racked up that month? Because without all that data, well...WHAT THEN?

By the time I drifted from cycling into running in the mid-’90s, wearing a watch felt natural, even if the technology seemed a bit primitive. To calculate things like pace, I had to do math. And have a reasonably good idea of distances. (Okay, it’s about a mile from my house to campus; this loop is about six and a half miles, because I drove it once in my car; etc.) I didn’t go out and run five miles; I went out and ran “about five miles.” By extension, I didn’t run eight-minute pace; I ran “about eight-minute pace.” Which I knew because I’d run for exactly 40 minutes—that much, at least, was certain.

Then came GPS. Suddenly we runners had an accurate way to measure not just distance, but pace. In real time, no less. Wow! Great!

Right?

Well, it can be. Until you realize that at some point along the way, you stopped running for yourself and started running for your watch. That you started tracking everything simply because you could, and over time all those numbers threatened to engulf the quali- ➔



Looks like somebody's been taking their Solgar® N^o. 7

They increased their flexibility, mobility, and range of motion.*

Even better, they improved joint comfort in just 7 days.^{1*}

Finally, the next generation in joint comfort, mobility, flexibility, and range of motion.* Solgar® N^o. 7 brings together bio-active nutrients that work to create a fast-acting approach for occasional “tweaks” and joint stresses brought on by exercise, sports, or physical activity.^{1*} Start to get back on track fast — when stiff joints occasionally say no... Solgar® N^o. 7 says YES!*



©2015 Solgar, Inc.

THE COMPLETE LINE OF SOLGAR NUTRITIONAL SUPPLEMENTS IS AVAILABLE AT FINE HEALTH FOOD RETAILERS WORLDWIDE.
FOR STORE LOCATIONS AND ADDITIONAL INFORMATION, VISIT SOLGAR.COM OR CALL 1.800.645.2246

1. Based on two human studies with 5-LOXIN® Advanced where subjects rated their joint health over time, subjects' joint health improved within 7 days and continued to improve throughout the duration of the studies. 5-LOXIN® is a registered trademark of P.L. Thomas-Laila Nutraceuticals LLC and is used under license. International patents pending.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



THE INTERSECTION

Where running and culture collide



The Qatari gov't reportedly forces laborers (many of whom wear flip-flops) to run 13.1 in a botched attempt to set a record for most participants in a half marathon.

MOMENTOUS



Author, 4:54 miler, and Meb Keflezighi fan Malcolm Gladwell talks with the Olympian at NYC's 92nd Street Y.



Downton Abbey's Rob James-Collier runs a 3:43 London Marathon.

Bruce Jenner's Wheaties boxes sell for hundreds of dollars on eBay after his Diane Sawyer interview.



Shoes donated by New Balance intended for Boston bombing survivors are stolen from the trunk of a volunteer's car.



Today anchors run a half: Natalie Morales (1:38), Erica Hill (2:06).



GO!

STOP!

Bombing amputee Adrianne Haslet-Davis dances across Boston's finish line in a "Heroes of Summer" ad campaign.



In an E*Trade ad, Kevin Spacey praises a guy for investing in a FiveFingers-style shoe, similar to the brand that paid millions to settle a lawsuit over health claims.



The exhibit "Out of the Box: The Rise of Sneaker Culture" begins its four-city U.S. tour in July at the Brooklyn Museum.



The Beckhams cheer on son Romeo, 12, at a three-mile kids race, where he clocks an 18:54.



Bill Clinton is pilloried for wearing pink sneakers in Washington, D.C. In his defense: Fit by feel, people—not color!



Brooks honors owner Warren Buffett with a \$150 Berkshire Glycerin shoe—with gold-tipped laces.



FRIVOLOUS

→ tative stuff—i.e., the reasons you run in the first place.

You can't track serenity or reduce euphoria to a series of data points. You can't quantify joy. Not yet, anyway.

And thank God for that.

Don't get me wrong. I get the appeal, and the utility, of the running watch. If I didn't, I wouldn't have used one for so long. When you're just starting out, a watch can motivate you, charting your progress and keeping you from going too fast, too far, too soon, as beginners invariably want to do. When you're training for a race, a watch—GPS-enabled or not—is crucial for workouts and long runs. During the race itself, a watch will keep you on pace. You can train hard without a watch, but you can't train smart. Back when I was "competitive," my watch was indispensable. Without it, I never would have run the PRs that I did. Not even close.

Then there's the social currency. A running watch remains one of the surest signs that you're in the presence of a fellow runner—regardless of context. (I once struck up a conversation with a nurse in the ER when I saw her Timex Ironman and asked, "Do you run?" Yes, she did, and no, she hadn't read any of my books.)

But in the end a watch is a tool. Nothing more. And like any tool, it's useful only to the extent that you need it to perform a certain job.

What I realized that day on the trail was that I no longer needed, or wanted, this tool. It had outlived its usefulness. Become deadweight.

Today that watch belongs to my wife, who likes it. Good for her.

As for me, I still catch myself glancing at my wrist when I run. Old habits and all that.

Here's what I don't see when I look down: pace, distance, numbers, metrics. Data.

Here's what I do see: The phrase *Ouvrez les yeux*. I had it tattooed on the inside of my wrist a few weeks after I ditched my watch. It's a reminder—an admonishment?—from me, to me. In French, just because: *Ouvert your eyes*.

And so I do. And so I go.

Mark Remy is a *Runner's World* writer at large. For more, go to runnersworld.com/remys-world.

PHOTOGRAPHS BY SPLASH NEWS (WHEATIES BOX); COURTESY OF DAVID TRATNER (GLADWELL & KEFLEZIGHI); JOHN LAMPARSKI/WIREIMAGE/GETTY IMAGES (MORALES, HILL); PBS/EVERETT COLLECTION (JAMES-COLLIER); COURTESY OF AMERICAN FEDERATION OF ARTS (SNEAKER EXHIBIT); COURTESY OF MARTY MCCORRY/GAMEFACE MEDIA (HASLET-DAVIS); STEVE BARDEN/GETTY IMAGES (BECKHAM FAMILY); ANDREA MITCHELL VIA TWITTER (CLINTON); KEVIN R MORRIS/CORBIS (BOSTON STRONG); JOKMEDIA/GETTY IMAGES (FLIP-FLOPS)

ZERO-IMPACT RUNNING™

ARRIVE STRONGER ON RACE DAY

- RUN WITHOUT IMPACT
- RACE PREP
- ACTIVE RECOVERY
- CROSS TRAINING



connect IQ™
powered by Garmin

Runners can now sync their outdoor and indoor workouts together with select Garmin smart watches.

Octane
FITNESS

© Copyright 2015. All rights reserved by Octane Fitness

OLYMPIANS USE ZERO RUNNER

“You don’t have to be an Olympian to train like one. The Zero Runner is authentic running. Now I train smarter.”

Carrie Tollefson

Olympian • Mom • National Running Champion

“The Zero Runner is an amazing tool and the perfect workout to complement running. I have tried endless different types of equipment, but the Zero Runner is the closest to actual running that I have ever experienced. It is helping me get stronger and faster without adding unnecessary stress to my legs.”



Kara Goucher

Two-Time Olympian • Mom • National Running Champion



see it move: zerorunner.com

Not every princess needs
a magic carpet to fly.



Disney Princess Half Marathon Weekend
presented by Children's Miracle Network Hospitals
February 18-21, 2016

runDisney

Make all your Disney wishes come true on a 13.1 mile run through *Walt Disney World*® Theme Parks. Experience the Disney Princess Enchanted 10K and Disney Glass Slipper Challenge. Like a Disney Princess, you have that inner voice urging you to chase after your dreams. Your once upon a time is now! Registration opens July 14.

Race to runDisney.com to register and learn more.



©Disney



PERSONAL BEST

GET FIT, EAT SMART, RUN STRONG

BodyGlide—the iconic runner's lubricant—came on the market in 1996 and got retro packaging in 2014.

SMEAR TACTICS

Got lube? For many runners, it's a don't-leave-home-without-it necessity. Chafing is a common recreational hazard that occurs when skin rubs against skin or ill-fitting clothing and becomes raw and irritated. Sweaty summer runs, which leave coarse, rough granules of salt on your skin, make you even more susceptible to this painful condition. Smart runners (or maybe just those who've suffered the sting of a postrun shower) apply a protective barrier like BodyGlide (left) to any chafe-prone areas to prevent friction. Indeed, according to a *Runner's World* poll, 49 percent of runners always protect themselves prior to hard efforts like long runs and races. For more skin savers, see page 58.

THIS IS NOT A RACE

Even if you never want to compete, identify your running goals to get fitter and feel happier.

By Kelly Bastone

HAVING A RACE on the horizon motivates many runners, but the prospect of competition is hardly the only reason people run. Your objective might be to lose weight, meet friends, claim some “me time,” or invest in healthy habits that ward off chronic disease. Some just simply love to run and dislike the pressure of competition. “Just because you’re not running in a race doesn’t mean you can’t have a goal,” says coach Jenny Hadfield, author of *Running for Mortals*.

Identifying your aims makes you more likely to get out to run. It also shapes your strategy: Running to lose weight, for example, requires a different approach than running to combat stress. Here’s how to tailor your workouts, whatever your nonracing goal.

YOUR GOAL: OVERALL HEALTH

Running makes you a better runner. But if all-around health and fitness is your priority, cross-training is key, because it develops full-body balance, lessens your likelihood of injury, and alleviates boredom. Jeffrey Horowitz, running coach and author of *Quick Strength for Runners*, advo-

cates running three days per week (for a maximum of 35 miles). “That delivers peak benefit without increasing your injury risk,” he says. Two to three other weekly workouts should develop aerobic fitness (Horowitz favors cycling), core strength, and balance (Pilates achieves both). Choose activities you truly enjoy so that you’ll keep doing them over a lifetime.

Make your long runs feel shorter by tackling them with friends.



PHOTOGRAPH BY JORDAN SIEMENS/GETTY IMAGES



*Overwhelmed?
Take to the trails:
Research has
found that being in
green spaces may
reduce stress.*

YOUR GOAL: WEIGHT LOSS

Each week, include one session of high-intensity interval training and one long, easy run. “That longer aerobic effort teaches your body to use fat for energy,” says Hadfield. Speed isn’t important; instead, maintain a conversational pace that you can sustain for 45 to 90 minutes. Hadfield’s “fat-blaster workout” follows a six-minute walking/jogging warmup with eight to 10 one-minute max effort sprints and 90-second walking recoveries. It takes just 25 or 30 minutes, but revs up your metabolism to burn more calories throughout the day. “It’s all about the afterburn,” Hadfield says. “Plus, these shorter bouts don’t seem to trigger runners’ hunger mechanisms like longer distances do.” Strength-training also promotes that afterburn as well as a trimmer, fitter appearance, so Hadfield recommends substitut-

ing squats or lunges with dumbbells for the fat-blaster sprints every two or three weeks. Remember that you also have to watch what you eat: You still need to prioritize fruits and vegetables and cut back on sugary and processed treats.

YOUR GOAL: STRESS RELIEF

When stress overwhelms you, running can provide an antidote—but only if it’s not a hammerfest. Studies show that, just like other high-stress situations, intense workouts produce cortisol, the “stress hormone” that can result in blood-sugar imbalances and a weakened immune system. “If you’re not in a place of wellness, running hard only feeds the cycle and continues to drag you down,” says Hadfield. If stress is interfering with your sleep, triggering unusual food cravings, or making you tired and irritable, ease back on the throt-

tle while running. “Adopt an easy pace that lets you lose yourself in running,” says Horowitz. Try logging easy doubles, one in the morning and one several hours later, rather than long, punishing workouts. “Splitting up the miles into two short, 20- to 30-minute runs not only fits better into busy schedules, but also gives you that mental refreshment more frequently,” says Chicago-based coach Brandan Cournane. To reap the most benefits, run outside rather than on a treadmill: A 2010 study found that just five minutes of light outdoor exercise improved subjects’ moods.

YOUR GOAL: SOCIALIZING

Joining a group run is a surefire way to expand your circle of friends. Sprinting away from the pack defeats the purpose, so plan on logging an easy, conversational run. Once you’ve established running buddies, it’s easier to skip the chit-chat. “Camaraderie can really fuel a hard workout when runners push one another to perform,” says Cournane. Even when talk is sparse, running with a group can provide encouragement and motivation to tackle tough runs that you wouldn’t have completed on your own. If big groups seem too intimidating, recruit a would-be runner and join them on their initial runs. Making yourself a role model for others is incredibly motivating. 

FOLLOW THE LEADER

Advice from the world’s best runners

HEATHER KAMPF, 28, of Minneapolis, won four major road miles in 2014—and the Bermuda Invitational Mile, 10K, and Half Marathon on successive days in January.

LONG AND HARD

“Even while training for the mile, I do weekly long runs of 12 to 15 miles. At least two-thirds of the distance I’m on an up-tempo pace, making me more aerobically efficient.”

UP AND DOWN

“I do lots of plyometric drills like jumps and bounding. Besides giving me a stronger, more powerful stride, they reinforce good running form and add quickness by minimizing the time my feet are in contact with the ground.”

THE WORKOUT

“I do 16 to 24 × 200 meters at one-mile pace with 45-second recovery jogs. This workout grinds on you like a race; you have to focus on trying harder just to keep the same pace.”

—BOB COOPER



PRESS PAUSE

Sports psychologist Chris Carr, Ph.D., explains what die-hard racers can gain from a break.



PERSPECTIVE

The halo effect from a great race can cloud your training goals, while a big disappointment could have a toxic effect.



BALANCE

Time off from competition lets other obligations, such as family or jobs, take priority for a while.



ENERGY

Breaks may help runners return to racing with a deeper sense of motivation and satisfaction, primed to pursue optimal performance.

THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY



SHUT UP IN THERE!

Quiet negative thinking and you'll run better.



You Asked Me Jeff answers your questions.

How should I deal with external critics, like a friend saying, "Running will ruin your knees"?

For the most part, smile and ignore them—if running makes you feel happy and fit, that's all that matters. (Besides, many studies show that runners have healthier joints than nonrunners.)

I have negative running thoughts before I even start. How can I beat that?

If you're dreading heading out, break the process into a series of small, doable steps. First, focus on gathering your clothes and gear. Then, put it on. Get outside, then start walking, and then running. Once you get going, you'll likely be glad you're out there.

Say What? Running Jargon, Translated

MANTRA

This term typically refers to a repeated word or phrase used in meditation, but runners can benefit from using mantras midworkout. A few good ones are *Relax*, *I feel strong*, and *Run the mile you're in*.

➔ The difference between a good run and a crummy one begins in your brain. If you believe a workout will be tough or if you focus on feelings of boredom or fatigue, your body will follow your mind, making it more difficult to have an enjoyable outing. The good news is this mechanism works in reverse, too. If you can catch yourself in the act of negative thinking, it's possible to turn your mind—and your run—around. Here's how to respond to common downers:

"I CAN'T BELIEVE HOW MUCH LONGER I HAVE TO RUN." Focus on only the next walk break or the next run segment, or on reaching the runner ahead of you, the next tree, or the next street sign. Think only about one small portion of the run you know you can complete, and once you've done that, shift your attention to the next. Before you know it you'll have finished your workout.

"I'M SO TIRED." Try repeating a positive statement like, "I can do it," "I'm in control," or "I feel better." Imagine how proud you will be when you finish your run. And once you do, you'll have a positive memory of perseverance to draw upon the next time you're feeling tired midrun.

"I'M TOO SLOW." Give yourself a pep talk with humor: Vow to set

a world record for the slowest time, for example. Remember that you're still beating the people who are sitting on their sofas. And if you would like to be faster, experiment with shorter run and walk segments—some runners find that 15 seconds on, 15 seconds off is their ideal balance.

"I CAN'T BELIEVE THAT PERSON PASSED ME." If you're out for an everyday run, remind yourself to focus on your own workout. Other runners may be doing speedwork, for example, so they *should* be passing you! In a race, use those runners as inspiration—feed off their energy and pick up the pace a bit. 🏃





SKECHERS
PERFORMANCE

#GOMEB™



Skechers GOMeb Speed 3™

skechersGORun.com





When running on dunes, stick to preexisting paths and respect local rules about access.

you're ready to sprint hard again on the next rep. The midlength circuit was about 400 meters long, finishing at the top of a steep hill. For this kind of workout, start with six reps, and take at least 2:00 recovery. Finally, the longest circuit was a rolling loop of just over a mile up and down the dunes. Start with three reps and take 3:00 recovery.

If you have regular access to dunes, include a sand hill workout once a week during base training. If you're making a special trip to run on dunes, pick a medium-length incline that takes 45 to 90 seconds to climb, to strike a balance between strength and endurance. See how many reps you can do (then take a few days to recover).

JUST DUNE IT

Make hill workouts tougher by doing them on sand.

➔ Percy Cerutti, coach of Australia's 1960 Olympic 1500-meter winner Herb Elliott, favored sand-dune workouts for their ability to build speed, strength, and endurance. At Cerutti's seaside base, Elliott would sprint up a dune as many as 50 times in a row. The result: He retired never having lost a mile or 1500-meter race.

Dune training has become a rite of passage, from the coast of Wales (where Steve Ovett, the record-setting British miler, trained) to the shores of Lake Michigan (where American 5K record holder Molly Huddle tested herself as a college student). Here's what you need to know to try it.

THE BENEFITS

Running on loose, dry sand takes 20 to 60 percent more energy than running on grass. Plus, soft sand absorbs some of the energy from your foot strike instead of pushing you forward, and forces you to activate

more lower-leg muscles to stay upright. The result is levels of lactate, a marker of anaerobic fatigue, that spike two or three times higher than on firm surfaces. One study found athletes improved VO_2 max by 10 percent after eight weeks

of sand workouts twice a week, compared with just six percent for those doing the same workouts on grass.

Loose sand's other perk is its low impact forces, which produce less muscle damage and subsequent soreness. Physiology aside, the best reason to hit the dunes might be as a mental toughness workout, Huddle says: It's impossible not to make your legs burn.

THE WORKOUTS

Cerutti used three key dune circuits for workouts. The shortest was a steep climb just 25 meters long, but at a 60-degree incline. To replicate this, try 10 reps of a hill that takes about 15 seconds to climb; walk or jog down for recovery, taking enough time that

THE CAVEATS

It's hard to maintain good form when your feet keep sliding backward. For a more powerful stride, push hard off your back foot (even though it's slipping) rather than reaching forward with your front. The soft surface may put extra strain on your Achilles tendon, so avoid sand workouts if you have a history of Achilles problems, and stop if you feel calf pain.

The other big issue is whether to wear shoes, and there's no right answer. If you leave them on, wear tall socks to keep sand out. If you take them off, your foot and ankle muscles will work extra hard, so keep the first few workouts short. 🏖️

Jabra®

JABRA SPORT PULSE

All-in-One Training Solution to help you **#PerformSmarter**

Visit our Facebook page to take our "Performance IQ" test and learn just how much you know about what it takes to help you Perform Smarter. At Jabra we are dedicated to helping you beat your best with products like the Jabra Sport Pulse. But sometimes you need more than a good training solution; you need intelligence and inspiration to get you to your goal. Think you know how performance smart you are? Prove it! and then get started on your new goal to **#PerformSmarter**.



The Jabra Sport Pulse Wireless Earbuds:

In-Ear Heart Rate Monitor |
Real Time Coaching |
Sweat and Weather Resistant |
Premium Dolby® Sound |
Free Jabra Sport Life App |

Available at:
T-Mobile



jabra.com/sportpulse



Compatible with most fitness apps

“A treasure for marathoners of all levels.”

—RYAN HALL, Two-Time U.S. Olympic Marathon Qualifier



Finally, the only book you'll ever need to run your first—or fastest—marathon or half-marathon! Loaded with comprehensive training information and top tips from experienced racers, *The Runner's World Big Book of Marathon and Half-Marathon Training* contains all the essentials for anyone to have a great day on the course:

- Easy-to-follow format
- Training and injury-prevention plans
- Nutrition advice and sample meals
- Inspiring stories from runners of every ability

Let running legends Bart Yasso and Amby Burfoot and other experts at *Runner's World* get you to the starting line feeling fit, fresh, and ready to run your best!

ON SALE NOW WHEREVER BOOKS ARE SOLD



RodaleBooks.com • RunnersWorld.com

202647901



RACE PREP

A QUICK GETAWAY

Have fun and run fast at an away-from-home event.

By Emily Abbate

WHILE RACING on vacation will help you burn off that poolside piña colada, atoning for your indulgences is not the only reason to register. You'll also meet up with a new community of runners and explore your destination on foot. "People aren't necessarily going to these races to PR," says Chris Heuisler, the RunWestin Concierge. (See page 26 for Heuisler's own running adventures.) "They're going to see a place through a lens that only runners can see through. You become a whole new kind of tourist." Whether you're traveling specifically to participate in a race or you happened to find a race that takes place where you're traveling, here's how to make your destination event a good one to write home about.

YOU'RE TRAVELING TO RACE

HOW TO PREP Study the race website to plan routes with similar terrain and elevation change. Bring everything you might need—go to runnersworld.com/racechecklist for a packing list. When making a race plan, be realistic, says Heuisler. If you've trained well and the course plays to your strengths, you could finish fast away from home, but when you're racing far from where you've trained, changes in altitude, climate, and time zone may slow you.

WHEN YOU GET THERE Go for an easy shakeout run (15 to 30 minutes) upon arrival to feel what it's like to run in local conditions. If you don't have a time goal, you can sightsee, but don't overdo it. Runners with time goals, however, should stay off their feet. (If you manage to hobble through some tourist hot spots after you race, the movement will help ease soreness.) Planning race-eve dinner depends on your accommodations. If you're at a hotel, make reservations at a restaurant with simple meals that resemble what you'd have the night before a long run. If you have kitchen access, make time to grocery shop and eat what you would at home.

YOU FOUND A RACE DURING VACATION

HOW TO PREP You planned your trip first, so let it take precedence: If racing would interfere with your ability to enjoy other plans, don't sign up. If you do race, don't expect to nail a PR or to be perfectly fueled and rested. Set goals not based on the finishing time: "That can mean running negative splits, high-fiving 10 volunteers, or sticking around afterward to cheer people on for a half hour," Heuisler says. **WHEN YOU GET THERE** What you'd do on vacation versus what you'd do the night before a race may be very different, so try to strike a compromise. Don't stay out too late the night before, and make time for a good meal and some sleep. Remember to stay hydrated, especially if you're somewhere that's hot or humid. And if something comes up that's more appealing than the race, it's okay to skip it—it's your vacation, after all.

A BED THAT TRANSFORMS YOUR SLEEP? YES, PLEASE.

INTRODUCING THE TEMPUR-FLEX® COLLECTION

Nothing feels like a Tempur-Pedic®. And now, there's another new feel to love. The all-new **TEMPUR-Flex® Collection**, with all the same sleep-transforming benefits of TEMPUR® material, plus a dynamic support layer that moves with you and responds 3x faster—it really is love at first feel.

Find out more at tempurpedic.com



ASK THE EXPERTS

*Learn great form from the 2014 Boston Marathon champ by reading his new book, **Meb for Mortals** (Rodale).*

How should my arms move when I run?

They should swing at a slight diagonal, so that at the most forward point, your elbows are slightly away from your body and your forward wrist is in front of your rib cage. The elbow angle should always be 90 degrees.

—Mike Hamberger, author of *Coaching Runners & Being Self-Coached*, coaches at dcrunningcoach.com.

Can I train for a 5K and a marathon at the same time?

Sure, but if you want to notch fast times in both, tweak your plan. Do tempo runs, “long” interval sessions (like mile repeats), and long runs—but every other week, swap out one tempo or interval workout for short intervals at 5K goal pace. Also, add six 20-second pickups to one or two easy runs per week. Run the 5K at least four weeks before the marathon, and don’t expect your legs to be rested enough to run a 5K PR.

—Rod Koborsi, a 2008 U.S. Olympic Trials 5000-meter runner, coaches for the Run SMART Project.

Should I do midday runs to train for a warm race?

Only if your race starts at noon. Most summer events start in the early morning or evening, and you should do much of your training in conditions that are similar to what you can expect on race day. If you are preparing for a midday or evening race, do easy runs at the time you’ll be racing and plan long or fast workouts for the coolest part of the day to avoid heat exhaustion. (Symptoms include headache, dizziness, and excessive fatigue.)

—Traci Myers is a certified coach and personal trainer in Florida (runningchix1.com).



The Explainer

What matters more in running: good genes or good training?

This battle of nature versus nurture ends in a draw: Both are important, and one is almost irrelevant without the other. Most great athletes possess both great genes *and* a world-class work ethic. “Between 40 and 60 percent of a cardio athlete’s performance can be attributed to genetic factors,” says Louis Perusse, Ph.D., chair of the kinesiology department at Laval University in Quebec City, Canada, and coauthor of *Genetics of Fitness and Physical Performance*. “Running performance is not simply a matter of nature versus nurture, but a combination of genes interacting with optimal training.” He notes that characteristics passed down from Mom and Dad include body size, body type, muscle composition, and endurance capacity, which all contribute to how good a runner you can be—but none of that matters if you don’t train hard.



THIS IS NOT A SHOE. THIS IS AN INVITATION. YOUR PRESENCE IS REQUESTED TO GO POUND THE PAVEMENT, GIVE THE HILLS A LITTLE HELL, AND PUT YOUR DAILY AMBITION TO THE TEST. TO GO UPTOWN, DOWNTOWN, CROSSTOWN, AND, FOR AS LONG AS IT TAKES, TO GET OUT-OF-TOWN. TO GO EXPRESS. TO BE A LOCAL. TO GO WITH THE CLIFTON 2 - 8.3 OUNCES OF SMOOTH RUNNING THAT SHOWS THESE STREETS WHO'S BOSS. LET'S GO.

HOKA ONE ONE

MEAL ON A STICK

Tasty and creative kebabs provide nutrients a runner needs.

By Matthew Kadey, M.S., R.D.

TO PREPARE Thread main ingredients onto skewers. Whisk together sauce ingredients and brush half of the mixture on the kebabs 15 minutes before grilling. Heat a grill over medium-high heat. Cook the kebabs, covered, turning once (see recipes for exact grilling time). Brush on remaining sauce halfway through cooking. Top with garnish. Recipes serve 4.

PORK SOUVLAKI

Souvlaki, or Greek meat kebabs, are traditionally made with pork, and the tenderloin is a particularly lean cut that's rich in protein to speed recovery. Peppadew peppers add a sweet-spicy kick, and fennel lends a distinctive flavor and crunch.

Grill time: 10 minutes

SKEWERS

- 1 pound pork tenderloin, cut into 1" pieces
- 1 cup Peppadew peppers
- 1 fennel bulb, cut into 1" chunks

SAUCE

- 3 tablespoons olive oil
- ▶ Juice of ½ lemon
- 1 teaspoon dried oregano
- ½ teaspoon smoked paprika
- ¼ teaspoon salt

GARNISH

- ▶ Tzatziki sauce

SMOKY MAPLE CHICKEN

Chicken thighs provide muscle-friendly protein and are a moister choice than breast meat. Chipotle pepper contains capsaicin, a compound that may curb overeating.

Grill time: 10 minutes

SKEWERS

- 1 pound boneless chicken thighs, cut into 1" pieces
- 2 zucchini, cut into 1"-thick rounds
- 2 bell peppers, cut into 1" chunks

SAUCE

- 3 tablespoons maple syrup
- 1 tablespoon cider vinegar
- 1 tablespoon tomato paste
- 1 canned chipotle pepper in adobo sauce, minced
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ¼ teaspoon salt

GARNISH

- ▶ Chopped chives

If you want to add more sauce after cooking, keep some separate so it's not contaminated with raw meat.

Pork Souvlaki

Smoky Maple Chicken

Grilled Cheese



Pesto Steak

Teriyaki Scallop

For quick weeknight meals, assemble kebabs a day ahead. When ready to grill, oil the grates to prevent sticking.

GRILLED CHEESE

Lower-fat than many cheeses, halloumi is a firm, protein-rich cheese from Cyprus that won't melt when grilled and provides bone-building calcium. If you can't find za'atar, a spice blend common in Middle Eastern cooking, use a combination of ground sumac, thyme, oregano, and sesame seeds.

Grill time: 8 minutes

SKEWERS

- 10 ounces halloumi cheese, cut into $\frac{3}{4}$ " cubes
- 1 cup cherry tomatoes
- 1 small eggplant (about 10 ounces), cut into 1" chunks
- 1 red onion, cut into $\frac{3}{4}$ " chunks

SAUCE

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- $1\frac{1}{2}$ teaspoons za'atar
- 1 clove garlic, minced
- $\frac{1}{4}$ teaspoon ground black pepper

GARNISH

- ▶ Chopped parsley

PESTO STEAK

Sirloin steak is a naturally lean cut of beef that contains iron, a mineral necessary for top running performance. The anti-inflammatory powers of olive oil (a main ingredient of pesto) help soothe post-run inflammation.

Grill time: 8 minutes

SKEWERS

- 1 pound sirloin steak, cut into 1" cubes

- $\frac{1}{2}$ pound crimini mushrooms, stems removed
- 8 shallots, halved lengthwise

SAUCE

- 2 tablespoons pesto
- 1 tablespoon horseradish
- ▶ Juice of $\frac{1}{2}$ lemon
- 2 teaspoons olive oil

GARNISH

- ▶ Chopped basil

TERIYAKI SCALLOP

Buttery-tasting scallops are low in fat and high in protein. Avocado is rich in heart-healthy fat (and yes, you can grill it!), while pineapple is packed with vitamin C, which may improve breathing during exercise.

Grill time: 6 minutes

SKEWERS

- $1\frac{1}{2}$ pounds sea scallops, side tendon removed
- 1 large red bell pepper, cut into 1" chunks
- 2 avocados, cut into 1" cubes
- 2 cups pineapple chunks

SAUCE

- 2 tablespoons less-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon lime juice
- 2 teaspoons sesame oil
- 1 teaspoon Sriracha sauce
- 1 teaspoon grated fresh ginger

GARNISH

- ▶ Sesame seeds



TRIPPY DIPS

Multicolored salsas are low in calories and loaded with runner-friendly nutrients for your summer training diet.

Cilantro supplies antioxidants that protect blood vessels. Don't love the herb? Sub in basil, parsley, or mint.

COOL GREEN

This nearly smooth salsa gets its color from tomatillos, avocado, and cilantro. Known for their papery husks, tomatillos are rich in vitamin C. Studies show that getting vitamin C from food (rather than supplements) is more effective at calming oxidative damage in muscle tissues.

- 1 pound tomatillos (8 to 10 fruits), paper skins removed
- 1 avocado
- $\frac{3}{4}$ cup cilantro leaves
- 1 tablespoon lime juice
- 1 clove garlic, chopped
- $\frac{1}{4}$ teaspoon salt

In a blender or food processor, add the tomatillos, avocado, cilantro, lime juice, garlic, and salt. Blend until almost smooth. Makes 3 cups.

SUNNY YELLOW

Mixing pineapple and mango with the bite of onions and jalapeños makes a refreshing dip. Onions are packed with quercetin, which may protect against cancer and also help muscles recover from exercise, research shows.

- 1½ cups chopped pineapple
- 1 cup chopped mango
- 1½ tablespoons lime juice
- $\frac{1}{2}$ cup diced white onion
- $\frac{1}{2}$ jalapeño, seeded and finely diced
- 1 tablespoon chopped mint
- $\frac{1}{4}$ teaspoon salt

In a bowl, combine the pineapple, mango, lime juice, onion, jalapeño, mint, and salt. Stir well. Let the salsa sit for 15 minutes. Makes 3 cups.

FIERY RED

Lycopene, which gives tomatoes their rich red color, is a powerful carotenoid that may help ward off prostate cancer in men. Jalapeño peppers provide vitamin C, potassium, and a host of carotenoids that lend color. Their heat can boost calorie burning.

- 4 tomatoes, chopped
- $\frac{1}{2}$ cup chopped red onion
- $\frac{1}{2}$ red bell pepper, diced
- 1 or 2 red jalapeños, seeded and finely diced
- 2 cloves garlic, minced
- ▶ Juice of 1 lime
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons extra-virgin olive oil

In a bowl, combine the tomatoes, onion, bell pepper, jalapeño(s), garlic, lime juice, salt, and oil. Stir well. Let the salsa sit for 15 minutes to allow flavors to blend. Makes 4 cups.

Salsa paired with whole-grain corn chips makes for a guilt-free snack.

JUST ADD SALSA

STIR a spoonful or two into soup.

MIX into sour cream for a fiery dressing.

SPREAD on toasted baguette and top with cheese.

SUB it for sauce on pizza.

ADD to pasta, along with diced ham and basil.

USE as a topping on fried eggs.

ADD a spoonful to wraps instead of mayo.

TOP OFF baked potatoes.

SPREAD on burgers, fish, or chicken.

SERVE it with a grilled cheese sandwich.

THE ULTIMATE FOOD FOR RUNNERS ON THE RUN.

BBQ WILD ALASKA SALMON
FLATBREAD

Spare a few seconds? As a runner, we know you're thinking - "Seriously? Seconds are an eternity." But we promise we'll make it count. See we appreciate that the demands of daily life coupled with the rigors of your training schedule make getting the best nutrition a never-ending challenge. So when you're crunched for time, Alaska canned salmon is the instant solution for your training table.

Whether it's right out of the can pre-run, or waiting for you as part of a delicious meal at training's end, Alaska canned salmon offers an amazing array of powerful nutrients. Bone-building calcium. Performance enhancing vitamin D. And all the muscle repairing B-12 your tired body craves. Fact is, Alaska canned salmon is one of the quickest nutritional solutions for athletes who are always on the go.

Discover more about the performance enhancing nutritional value of Alaska canned salmon by visiting www.alaskaseafood.org/training-table.

Alaska canned salmon has 4x the omega-3s EPA & DHA and
12x the vitamin D as many popular canned meats and fish.
It also has 25% of adult RDA for calcium and nearly the daily
reference amount for selenium!

FEED YOUR FITNESS *with*
ALASKA CANNED SALMON



Wild, Natural & Sustainable®

HAVE A WHAT WATER?

The plant-based drinks that are best for runners

By Jessica Migala



Aloe Vera

WHAT IT IS A drink made from powdered aloe vera leaves, sugar, water, and stevia.

SIPPING POINT “For some people, aloe has a laxative effect,” says University of Pittsburgh director of sports nutrition Leslie Bonci, M.P.H., R.D. Drink it when you are *not* working out.

TRY Aloe Gloe (4) aloegloe.com



Artichoke

WHAT IT IS Liquid extracted from the artichoke heart, stem, leaf, and flower and mixed with water and sweeteners, like blue agave and monk fruit concentrate.

SIPPING POINT It has a small amount of vitamin C and A, plus two grams of fiber per bottle. But it's very low in electrolytes.

TRY Arty Artichoke Water (5) artywater.com



Cactus

WHAT IT IS A refreshing combination of prickly pear cactus extract and juice, water, and sugar.

SIPPING POINT It has just 35 calories per box and very little sodium. “It can give you good hydration for shorter distances, like a 5K,” says Bonci.

TRY Caliwater Cactus Water (3) drinkcaliwater.com



Coconut

WHAT IT IS The clear liquid from coconuts. This popular tropical-tasting water is naturally sweet, but some brands have added sugar.

SIPPING POINT It boasts five electrolytes, most important potassium and magnesium, “both of which assist in muscle contraction,” says Bonci.

TRY Zico Premium Coconut Water (1) zico.com



Maple

WHAT IT IS Liquid sap filtered from maple trees. When you boil it down, it becomes syrup.

SIPPING POINT With just 15 calories per eight ounces, it's great for runners trying to lose weight. It's also rich in manganese, which is essential for connective tissue and bone formation.

TRY Vertical Water (6) verticalwater.com



Watermelon

WHAT IT IS Juice made from watermelon flesh and rind, plus lemon.

SIPPING POINT Eight ounces has nearly double the potassium of a banana, and packs heart-healthy lycopene. It has zero sodium. If you want to drink it midrun, tote a salty snack with you.

TRY WtrmIn Wtr (2) wtrmlnwtr.com

SIT & STAND

HEIGHT-ADJUSTABLE
STANDING DESK



SWITCH FROM SITTING TO STANDING IN
3 SECONDS

VARIDESK® is an affordable, height-adjustable desk that lets you switch easily between sitting and standing as you work. It ships fully assembled and ready-to-use, so you can just place it on top of your existing desk and you're ready to go. Models start at just \$275. Order online or call **800-933-4798**.



VARIDESK.com
WORK ELEVATED™

US Patent #8671853 | US & Foreign Patents Pending.
©2015 VARIDESK®, All Rights Reserved.



THE RUNNER'S PANTRY

PEACHY KEEN

Mark Bittman shares his favorite ways to use one of summer's tastiest fruits.

On July 4, Atlanta's Peachtree Road Race (the largest 10K in the country) will give out 30,000 peaches to race finishers.

Peaches contain compounds that work to ward off diabetes and heart disease.

SWEET AND JUICY, peaches are ideal after a hot run. Not only are they water-rich, which will help you rehydrate, but they're also high in carbs, potassium (a key electrolyte), and vitamin C, which helps maintain healthy cartilage. Here, *Runner's World* contributor and runner Mark Bittman, author of *How to Cook Everything Fast*, shares both savory and sweet ways to use the fruit. —YISHANE LEE

GRILLED PEACHES

Grill halved peaches until browned. Top with brown sugar, cinnamon, and mascarpone.



BREAKFAST BRUSCHETTA

Drizzle honey on toast. Top with peaches, strawberries, and mint.

GRIDDLED TOAST

Make French toast, then sauté peaches in the skillet with honey until soft and browned. Serve on the toast.

SWEET AND SAVORY SALAD

Combine mixed greens, peaches, watermelon, tomato, avocado,

feta, and chopped bacon. Drizzle with lemon dressing.

SPICY FRUIT SALAD

Toss sliced peaches with equal parts lime juice and water. Sprinkle with chili powder, cayenne, sugar, salt, and cilantro.

PEACH SAUCE

Blend peaches with orange juice. Sweeten with powdered sugar. Use on desserts, chicken, or fish.



PORK TACOS

Top pork tacos with peaches, basil, lime juice, and queso fresco.

HEALTH-WATCH EXPOSÉ:

HOW TO BREAK THROUGH YOUR WEIGHT LOSS PLATEAU

BY AMBER RIOS

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus, my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Like many people out there, one of my biggest frustrations when I am trying to lose weight is when my progress halts despite the fact that I continue to follow a strict plan. On my last workout, I expressed my frustration to my elite personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time. Tony handed me a meal replacement drink and told me to include it in my regular diet. He simply said, "You will be astounded by the taste and the results you will see!"

With more than a healthy dose of scepticism, I decided to investigate the shake Tony handed me to try called INVIGOR8.

Turns out, he was right about the taste. After one sip I thought there is no way this can be healthy because the creamy chocolate flavor is just too delicious. I was stunned because virtually every other meal replacement shake I've tried has tasted chalky, clumpy and are packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake costs more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Still sceptical, I looked up the reviews

online and reached out to a few people to get their feedback on the product. By the next morning three people got back to me saying, "As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first 100% natural, organic, non-GMO nutritional shake & superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the grain-fed whey found in most shakes, metabolism boosting raw organic coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested cognitive enhancers for improved mood and brain function. The company even went a step further by including a balance of pre and probiotics for optimal digestive health, uptake, and regularity and digestive enzymes so your body absorbs the high-caliber nutrition you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice, I understand the importance of filling my body with the best Mother Nature has to offer. I am always reluctant when trying new products because

I am never sure of the impact they will have on my energy and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while staying fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed a special offer: if you order this month, you'll receive Free Enrollment into the company's Loyalty Program where you'll qualify to receive a \$10 discount on every bottle of INVIGOR8. And so you don't go a month without INVIGOR8 - helping you lose weight while getting toned, you'll automatically receive a fresh bottle every 30-days. There are no minimum amounts of bottles to buy and you can cancel at any time. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1-800-958-3392.



TRAIN YOUR BRAIN

Overcome your mind's tendency to slow you down.

By Mackenzie Lobby Havey

YOUR LEGS ARE SCREAMING. This is as fast or as far as you can go. Or so you think. When you feel as if you can't run another step, it's natural to assume your body has had enough. But science suggests your mind is slowing you down prematurely, and you possess more power than you realize.

Researchers tested the muscle contractions of runners during a 20K. Some ran normally, their muscles contracting on their own—the brain in control. Another group's muscles were contracted via electrical stimulation—the muscles were forced to contract externally without the brain's input. The first group's muscle

contractions weakened after 15K. But the other group's contractions were as strong at the end of the 20K as they were at the start of the run. This suggests the brain can convince the body it's tired even when muscles are still able to work hard.

"We are wired to leave something in the tank," says sports psychologist Jim Taylor, Ph.D. "Years ago, when we hunted for meals, we needed to conserve energy to get back home. Our minds want to make sure we don't fatigue completely."

Taylor says that with practice you can learn to defy the brain's overprotective nature to see just how fast and far you can really go.

Word of caution:
The instinct to slow down or stop shouldn't be dismissed if you are injured, ill, or truly need to back off.



CHANGE YOUR THINKING

First things first: You have to put in proper training to perform your best. Mental strategies alone won't propel you to a Boston qualifier. But while you're hammering out the long runs, you can work to break down the hurdles in your mind to reveal what your body is capable of. (See "The Starting Line," page 38, for more advice.)

GAUGE YOUR DISCOMFORT

If you are pushing the pace to get faster or adding distance to go farther, your body is going to talk back to you. Be a good listener. During training, learn to distinguish "good pain" (discomfort from leaving your comfort zone) from "bad pain" (something that verges on injury). "There is a difference between muscles that burn at the end of a workout and something that hurts every time you take a step," Taylor says. "Part of training is learning body awareness. You also need to experience some discomfort so when it occurs in a race, it's not a foreign feeling. You know you can push through it."

PICTURE A STRONG FINISH

Envisioning the runner you want to be—one who doesn't let up or give in—is one of the most important mental skills you can

harness if you want to push your limits, says Grayson Kimball, Ph.D., author of *Grateful Running: Mental Training for the Long Distance Runner*. “Negative thinking can be a self-fulfilling prophecy,” he says. “If you think you’re too tired to go on, then you’ll probably stop. If you see mile marker 22 and think, *Oh, this is where I always fall apart*, then you probably will. If you can envision yourself running strong, gliding up hills, and sprinting across the finish line, you can boost your self-confidence and use it to power you.”

CELEBRATE SMALL VICTORIES

Kimball suggests breaking a race down into chunks, each with individual goals. You could aim to maintain good running posture when climbing a hill, or to have a plan to hydrate quickly at aid stations. Each time you check one off, you feel better about your capability to achieve your ultimate race goal. “Achieving success more often keeps you more optimistic, which will help you in the later stages of a race,” he says.

REPEAT A MANTRA

Having a go-to phrase that you can repeat can help you push through tough parts of workouts and races. Just choose it carefully, says Kimball. “A lot of runners fall into the trap of having a negative mantra that they think is positive, like, *Don’t crash* or *Don’t stop*,” he says. “That runner is creating a mindset to avoid failure versus a runner who will say something positive like, *Power up* or *Move those legs*.” (See “Pro Pep Talk,” right, for mantra inspiration.)



Pro Pep Talk

When fatigue sets in, negative thoughts creep in, and performance suffers. Training your brain to harness positive thinking can help you stop that cycle. Here’s how a few pros do it.



“If I’m going uphill, my mantra is *Just don’t walk! or Keep it together*. I also think over and over to myself: *Quick and light*.”
—Sage Canaday, 2:16 marathoner and 2014 The North Face Endurance Challenge 50-mile champion



“I like *Do the work* during long workouts. I cope with negative thoughts by replacing them with that mantra so I stop thinking and just focus on that moment.” —Kim Conley, 5,000 meter Olympian in 2012



“A mantra I really like is from Bryce Courtenay’s novel *The Power of One*. *First with the head and then with the heart, that’s how a man stays ahead from the start*.”
—Tyler McCandless, 2:15 marathoner



“One of my favorites is, *It’s only XX more minutes! I can do anything for XX minutes!*”
—Meghan Arbogast, 2014 USA 100K Trail Champion

TOOLS THAT KEEP YOUR EFFORT HONEST



GPS WATCH
Tracking your pace makes you better able to stick to your prescribed workout even when you start to fatigue and are tempted to slow down. It’s a data-driven pacer.



HEART-RATE MONITOR
Knowing what your heart rate should be for easy, moderate, and hard runs enables you to use those numbers to pace your workouts accordingly.



TALK TEST
Helps gauge effort. If you can talk in full sentences during intervals, pick up the pace. For hard efforts, you should only be able to utter a word here and there.

THE BODY SHOP

GOING UP (AND DOWN)

Monster hills will feel more like bumps in the road if you work these exercises into your routine.

UNLESS YOU STICK to the track, a treadmill, or Florida, hills are bound to appear on your routes. If your muscles lack strength, your form can falter. You might lean too far forward going up and too far backward going down, a combo that wastes energy and increases injury risk, says Jason Fitzgerald, coach and founder of strengthrunning.com. This routine from Fitzgerald will strengthen key muscles that will power you through both the ups and the downs. —KIT FOX

Start with a light weight (she's holding five-pounders below).



SQUAT

Works the glutes, hamstrings, and quads (quads are the primary muscles used for running uphill).

TO DO While holding dumbbells and keeping your feet shoulder width apart, shift your weight to your heels as you lower into a seated position. Keep your eyes forward and descend until your hamstrings are parallel to the ground before you stand back up. Do 25 reps at a controlled pace.



DEADLIFT

Strengthens the glutes, hamstrings, and calves, which give you stability and control on downhills.

TO DO Stand with feet shoulder width apart. Bend at the waist and knees and pick up a pair of dumbbells from the floor. As you stand up, pinch your shoulder blades together. Then lower back down, tapping the dumbbells on the ground before standing back up. Do 25 reps at a controlled pace.



STEP UP

Develops powerful quads for stronger hill climbing.

TO DO Holding dumbbells, place your right foot on a box or step. Drive your weight into your heel as you step up. Squeeze your glutes at the top. Step back down in a controlled manner. Repeat with the left foot. Complete 20 total reps, alternating legs.



FORWARD LUNGE

Builds stability and strength that helps you maintain good running form while going up and down.

TO DO Start with your feet pointing straight ahead and holding dumbbells. Step forward with your left foot, then bend the left knee until the hamstring is parallel to the floor. Your right knee should touch or come just above the ground. To avoid injury, make sure the left knee stays behind the toes. Step back up and repeat on the other side. Complete 20 total reps, alternating legs.

SIDEWAYS LUNGE

Works the quads and glutes.

TO DO Step to your right, bending your right knee until your hamstring is parallel to the floor. Push off the right foot and return to the starting position, then repeat on the left. Complete 20 total reps, alternating legs.



thank you
first of
many

photo by @bubritt85

thank you running

The moment when you slip on that first race medal is hard to beat. And with Glycerin 13's Super DNA midsole, you'll get perfect, dynamic cushioning that instantly adapts to your every step. That's a wonderful thing, because now that you've achieved this milestone you'll want to get right out and start training for that next big race. Learn more at brooksrunning.com

Prevent nipple chafing, guys, by putting a barrier (like Band-Aids) between you and your running shirt.

PURE FRICTION

Prevent and treat one of running's most common war wounds.

EVER EXPERIENCE thigh rubbing so painful your legs felt like they'd brushed against a cheese grater? Or cross a finish line, realizing that the spectacle of your blood-streaked shirt is eliciting horror from spectators? Chafing, a runner's rite of passage, is the result of friction that occurs when skin rubs against itself or clothing. As anyone who has endured an excruciating postrun shower on freshly grazed skin knows, prevention is key. Here's what works. —BLANE BACHELOR

PREVENT IT

DITCH COTTON It absorbs sweat and stays wet. Wear synthetic, wicking fabrics.

GO SEAMLESS, TAGLESS Seams and tags on a shirt or bra can cause irritation.

GET A PROPER FIT A too-snug sports bra can dig in; the excess material of a baggy shirt can rub you raw.

PROTECT YOUR LEGS Compression shorts can save your inner thighs from abrasions.

COVER 'EM UP Nipple protection is critical for guys. NipGuards and Band-Aids are common shields.

GET GREASY Apply lubricant to chafe-prone body parts. BodyGlide and petroleum jelly-based products (1) are classic salves. When heading out for a long run, stash ChapStick or a travel-sized deodorant in a pocket.

HYDRATE Drinking (2) minimizes the salt concentration of sweat. Salt has a sandpaper effect on skin, says Fayne Frey, M.D., a dermatologist in West Nyack, New York.

MOISTURIZE "Skin that's well moisturized—apply lotion (3) twice daily—is less prone to chafing," Frey says.

TREAT IT

WASH UP Shower ASAP after running, keeping water lukewarm. Use antibacterial soap to ward off bacteria that can creep into exposed skin and cause problems like folliculitis, a skin condition that Santa Monica dermatologist Tanya Kormeili, M.D., says occurs in athletes.

SOOTHE IT Pat—don't rub—skin dry and apply an ointment such as Desitin (4) or A+D Zinc Oxide cream (diaper-rash creams containing zinc oxide are antibacterial).



PACK RULES Facebook friends weigh in on chafing remedies.

A piece of **Saran Wrap** under your bra band prevents chafing.
—Becky Morris Craig

Turn your **running bra inside out** so the seams can't rub you.
—Melody Wohlgemuth Gunter

Coconut oil on my thighs and bra line.
—Megan Weber

I cut the foot off an old **dress sock** and wear it on my arm under my iPod armband.
—Chrissy Snider

I use **duct tape** on my nipples. Taking it off after a run helps me toughen up.
—Scott Partenheimer

If you forget to put **glide** on and you chafe, put it on before you get in the shower. It has prevented many a scream.
—Kerry Lenny



the [WORLD] *is my gym.*

9g
PROTEIN

8g*
FIBER



GOLEAN *is my* **FUEL.**

©, TM, © 2015 Kashi Company

*5g Fat per serving



All the buds on these pages answer phone calls using various play/stop buttons and onboard microphones.

Open buds let you talk with friends and hear peripheral sounds on the street.

WIRELESS

1 / SONY MDR-AS600BT

Our favorite set among wireless yields great dynamics, balanced frequencies, and a mean punch. Battery life is excellent at eight-plus hours. Fits securely in sweaty conditions. \$100

2 / PLANTRONICS BACKBEAT FIT

Solves some drawbacks of wireless, with intuitive buttons and good battery life at eight hours. The sound was adequate, though overall volume was low. \$130

3 / JABRA SPORT PULSE

This wireless set tracks heart rate while you listen to music—without those fussy HR straps. An ultra-miniature sensor shines light in your ear to gauge blood flow; it worked perfectly with proper fit. Sound was admirable for Bluetooth. \$200

4 / REVERB ACTIVE X

This springy, hard-plastic horseshoe won't budge, no matter what. The wireless design wraps around the back of the head without ever touching it. Audio emphasized bass but also delivered enough nuance. The loudest of the bunch. \$149

5 / BEATS POWERBEATS2 WIRELESS

This set sounded crisp and well balanced with all types of music—from Passion Pit to Ryan Adams at Carnegie Hall. Contrary to Beats' reputation for bass-heavy earphones, this set acted a little shy around sub-bass tones. \$200

BEST BUDS

Top headphone options for price, sound quality, mobility, and more

By Bob Parks



MAKE SUMMER EPIC

#LETSCAMP



MARK'S STARRY PANORAMA

REI member since 1997, Auburn, WA

Find gear and inspiration at [REI.com/letscamp](https://www.rei.com/letscamp)

WIRED

1 / BOSE SOUNDSPORT

Crushed every category. Open design not only passed along peripheral noise (like that approaching Mack truck we wished to avoid), but also delivered the realism of an orchestra. \$150

2 / KLIPSCH X11i IN-EAR HEADPHONES

Not made for sports performance, but we know audiophile runners who insist on the model, so we were curious. Stood up to basic sweat. Realism of the audio was staggering. \$349

3 / SENNHEISER MX 686G

These buds felt cheap in the hand; nevertheless, they delivered a nice, flat audio response. They also stuck in our ears really well on anything from tempo runs to long, sweaty sojourns. \$70

4 / ADIDAS SPORT SUPERNOVA IN-EAR BY MONSTER

Bass-heavy music proved to be home-field advantage. Along with Sony, these buds were the only ones that dropped to a head-numbing 30 hertz. \$100

5 / SKULLCANDY CHOPS IN-EAR

Affordable set grabs ears with a comfy, rugged design. Ear hooks allow for opening on a busy street or closing for richer sound. \$50

6 / SOUL ELECTRONICS COMBAT+

A good pair of over-the-ear cans will preserve your sanity during long treadmill sessions. Sweatproof, extra rugged. \$200

Love the earpods that came with your phone, but they don't stay in on runs? Upgrade them with Sprng Clips or BudLoks.



MAXimum Pain Relief.



- **8 hours** of long-lasting cold therapy
- Advanced “**points of cold**” for precise pain relief
- Comfort-fit support wrap for **maximum mobility**
- **Safe** and **reusable**

cryomax.com



Available at:

CVS/pharmacy Walmart

HealthMart. Walgreens

And other fine retailers.

balega

best running socks ever



blister resist

#balegacomfortchallenge

- hand linked toe seam
- moisture management
- mohair – protection against blisters
- ultimate fit

www.balega.com

YOGA Your Way



Sage Rountree, America's leading expert on yoga for athletes, shares her fresh approach in her new guide *Everyday Yoga*. Try new routines that last 5 to 50 minutes to gain the benefits of yoga at home, on your schedule.

TRY A YOGA ROUTINE at velopress.com/yoga.

velopress®



IT'S A BIG WORLD.



THE ALL NEW
GEL-NIMBUS 17

A woman with dark hair tied back is running towards the camera on a paved road. She is wearing a bright blue short-sleeved athletic shirt with a small white Asics logo on the left chest, and black leggings with orange side panels and a white Asics logo on the left thigh. She is also wearing a white sports watch on her left wrist and blue and orange running shoes. The background features a winding road, green hills, and a blue sky with light clouds. The overall mood is energetic and inspiring.

asics

GO RUN IT.

ASICS.COM/GORUNIT

A person wearing a polo shirt is holding a stopwatch. The entire image is overlaid with a teal color. The text "YES, COACH?" is centered in white. "YES," is in a script font, and "COACH?" is in a bold, blocky font. A white horizontal line is positioned below the text.

YES, **COACH?**

2015 MARATHON TRAINING

Hiring a professional to tailor workouts just for you helps you train smarter and get fitter than you ever would on your own—as RW's Training Editor learned when she sought guidance for her fall marathon. But even if you're not ready to employ a pro, you can use the lessons she learned to race your best 26.2 yet.

BY MEGHAN G. LOFTUS



The author trains in a park near her home in Pennsylvania's Lehigh Valley.

I'M RUNNING THROUGH CORNING, NEW YORK'S HISTORIC DOWNTOWN ON A ROAD LINED WITH CUTE SHOPS AND YELLOW FOLIAGE, MY EYES LOCKED ON THE FINISH LINE OF THE 2014 WINEGLASS MARATHON.

The sun is shining but the air is cool—a perfect October day. I pass my mother and fiancé whooping and taking photos from the sidewalk. In my mom's purse there's a single-serving bottle of champagne from my swag bag that I'd asked her to bring for my postrace celebration.

I'd dreamed of this moment for nearly a year, ever since I hired my coach, Alicia Shay of the Flagstaff, Arizona-based Run SMART Project. I had run 13 marathons, finishing many within a five-minute window. I had tried all kinds of plans but felt like I needed help to break through my plateau and qualify for the Boston Marathon, a goal I'd chased for four years. A (fast) colleague told me how a coach helped her take 20 minutes off her PR and smash her required Boston qualifying time.

Working with a coach might seem like a privilege reserved for professional runners, whose livelihoods depend on performance, and an extravagance for “everyday” runners like me—one that can cost \$50 to \$200 per month. Yet recreational athletes arguably benefit even more from the attention, knowledge, and guidance of a coach. Paul Sorace, 42, an exercise physiologist from Bayonne, New Jersey, hired coach Janet Hamilton to help him train smarter for his second marathon, and

Clockwise from top: the author at mile 18; her mom (left) and fiancé; postrace tears; coach Alicia Shay.



COURTESY OF ALICIA SHAY (CENTER, LEFT)



From top: the author at the start; her training log; crossing the finish; prerace breakfast; done!



set personal records in five sequential 26.2s. Sokphal Tun, 35, a grants coordinator from Arlington, Virginia, hired her coach, Clay Battin, to help her bust through a plateau and qualified for the Boston Marathon in the first race she ran. Theodora Blanchfield, 32, a social-media manager from New York City, worked with coach Jess Underhill to achieve her goal of breaking four hours. Indeed, the business of personal coaching is growing: The Road Runners Club of America (RRCA) counts more than 4,500 certified coaches, up from 310 in 2005. Options abound, online and in person. While runners in large metro areas may have more “local” coaches to choose from, many still rely on email, phone, text message, or Skype to communicate with clients.

I set up calls with a few coaching candidates to detail my history, my goals, and the amount of time I could devote to improving. My fast colleague’s coach works with the Run SMART Project, which is how I found Shay, a two-time NCAA 10,000-meter champion who now runs professionally for the Nike Elite Trail Team.

“The right coach is willing to push you when you need to be pushed but also wise enough to rein you in when it’s appropriate,” says Hamilton, an exercise physiologist who provides online coaching via RunningStrong.com. “He or she is going to look at you as an individual and try to find out what the missing pieces of your puzzle are, then design your training plan around that.”

Via emails, texts, and occasional phone calls, Shay helped me train harder and smarter than I ever had. I loved not having to plan my training: I could turn off my brain and just do the work. Whenever I doubted myself, Shay was there to encourage me. Whenever I had a life obligation come up, Shay was there to rearrange my runs. She helped me maintain high (for me) mileage without getting injured or sacrificing quality workouts. By the end of my training cycle, I felt confident, strong, and better prepared than I’d ever been to race 26.2. I imagined myself crossing that Wineglass finish line victorious, exhausted but not wrecked, with a huge PR to show for it. I was going to qualify for Boston! I was going to brag on social media! I was going to shake up my mini-bottle of champagne and spray it all over everyone, like NASCAR drivers do!

Instead, at the finish line, I drenched only myself, with tears and snot instead of bubbly. My legs cramped. My body shivered. I felt like a heap of garbage, which was an improvement over how I felt during the last 10 miles of the race. I did manage a PR and a just-barely BQ—3:34:53, per the official results, or seven seconds under the time I needed—but it was not the sub-3:30 my training had suggested was possible. “I h-h-h-hate marathons,” I choked out between sobs to my sympathetic fiancé (who’d heard all this before). “Why do I do this to myself? I’m never running one again.”

That was a lie, of course, but every marathoner should ask herself, *Why do I do this?* Why train for months for one painful day that will take weeks to recover from? Why shell out the cash to hire a coach (I paid \$130 per month to work with Shay) if a perfect race isn’t guaranteed? Because—in spite of my Wineglass experience—the right coach will improve your training experience, enable you to become fitter than you’ve ever been, and teach you important lessons about the marathon.

1

LESSON

ACHES AND PAINS MUST END BEFORE TRAINING CAN BEGIN.

A couple of years ago, during and after every run, my right hip would hurt. I consulted a trainer at my gym who told me to stop strength-training and start stretching. When that didn’t work, I went to see a physical therapist, who told me to stop stretching and start strength-training. When that didn’t work either, I simply continued to run through the pain. Two unpleasant, subpar marathons later, I knew I needed help.

When I first hired Shay, fixing this issue was at the top of our to-do list. She and her go-to chiropractor and physiotherapist, A.J. Gregg of Flagstaff’s High Performance Sport Center, had me do a strength and flexibility assessment via Skype. It included basic moves like planks and side planks that left my right hip sore for days. Turns out, I was both weak (in my hips, glutes, and core, especially on the right side) and tight (especially in my right hip).

Many runners share these problem areas, Gregg says: Most of us sit too much, which displaces activities that help maintain proper movement patterns and allows the glutes to lie mostly dormant. When you run, the glutes should be propelling you forward and stabilizing your femurs. If they stay dormant, the body shifts the work to other muscles that aren’t built for that kind of stress. In my case, this shift caused my right leg to move in a way that wore on my labrum, the fibrocartilage in my hip joints, and the overuse of the area made my right hip flexor even tighter.

“It’s like you have a flat tire,” Shay said. “Imagine

if we could get your weak side functioning like your stronger side does—exciting prospect!” Gregg prescribed a strength-training and stretching routine that successfully held off the hip problems throughout the rest of my training. (See “Strength Moves for Everyone,” right.) I finished my goal marathon hurting in a lot of places, but my hip wasn’t one of them.

LESSON 2 A STRONG FOUNDATION IS KEY.

My go-to training plan pre-Shay started at 25 miles per week and ramped up to a max of 48 in 13 weeks. The low-mileage starting point worked for the kind of runner I was: I liked to follow a training plan, run a race, then take the next month (or two, or three) to “slack off while I still can” before starting my next cycle. But the rapid ramp-up would leave me physically drained—I’d often get sick during the taper—and mentally hating running.

Due to my extended breaks, neither my musculoskeletal system nor my cardiovascular system was primed to handle even the first week of that plan, Shay says, so I built my entire training cycle on a shaky foundation. “Imagine a nice stair-step progression,” she says. “You were trying to make this huge box jump instead of walking up the stairs.” That metaphorical box jump is what likely led to my many premarathon colds: Stress of any kind can have a negative effect on the immune system, Hamilton says, whether it’s from working too many hours, separation from a loved one, or running

Cover model and marathoner Edi Verdugo demonstrates a move to build glute strength.

STRENGTH MOVES FOR EVERYONE



If you’ve ever had a foot, knee, or back injury, chances are the problem originated in your hips. “Core and hip stability are the biggest things runners can work on for prehab because a lot of injuries come from the hip,” says physiotherapist A.J. Gregg. These moves can help fend off problems and build strength.



MCGILL CRUNCH

Lie on your back, knees bent. Place one hand under your lower back and the other on your stomach. Use your lower abdominals to lift your head and shoulders without allowing the curve in your lower back to change. Hold 10 seconds, then lower. Repeat 10 times. Do three sets.



SIDE PLANK

Lie on your left side, then rise up onto your left forearm and your left foot so that your neck, back, hips, and legs form a straight line. Hold for 30 seconds. Then, drop and raise your left hip so it “kisses” the floor five times. Lower and repeat on the right side. Do three sets.



REVERSE CLAMSHELL

With a resistance band around your ankles, lie on your left side. Bend your knees 90 degrees and raise your right leg to form a straight line from your hip. Keeping your knees apart and your pelvis in place, open and close your feet. Do eight to 12 reps, then switch sides. Do three sets.



MONSTER WALKS

Loop a resistance band around your ankles, stand with your legs shoulder-width apart, bend your knees slightly, and hinge at the hips. With your right foot, take a small step to the right, then follow with your left foot. Eight walks right then eight walks left is one set. Do four sets.



SWISS BALL HAMSTRING CURL

Lie on your back with your arms extended and your feet resting on a Swiss ball. Raise your hips so that they, your back, and your legs form a straight line. Then, keeping your feet on the ball, bend your knees to roll it toward you, then away from you. Do three sets of eight reps.



SIDE PLANK CLAMSHELL

Loop a resistance band just above your knees, then lie on your left side. Bend your knees at a 90 degree angle, then rise up on your left forearm in a partial side plank. Open and close your legs from the knees, keeping your ankles together. Do eight to 12 reps, then switch sides. Do three sets.



SINGLE-LEG GLUTE BRIDGE

Lie on your back with your knees bent. Straighten your left leg. Pressing through your right heel and keeping your core braced, raise your hips off the floor until they form a straight line with your back and the top of your right leg. Lower. Repeat 10 times, then switch sides. Do two sets.

too many miles too quickly.

The ramp-up's stress took a toll mentally as well, and the fact that I was training on my own likely made it worse, says Cindra Kamphoff, Ph.D., director of the Center for Sport and Performance Psychology in Minnesota. "That plan you download online may not be great for you, and if you hit a hurdle in your training, it's going to be difficult for you to know what to do," she says. "Coaches have an individualized approach, and it's easier to trust that they know what's best."

I spent a year training with Shay, first for a spring half and then for Wineglass in the fall. Due to my injury history, she took care to increase my mileage slowly. "There's a lot that goes into the decision of how much volume a coach gives an athlete," Hamilton says. "Doing more may not be the right thing. I always ask: How little can I get away with and still get them to their goal?"

Over the course of the year, Shay helped me build a base that allowed me to average a little over 40 miles per week throughout the 16 weeks leading up to the marathon. This preparation along with my coach's support helped even the most intense training weeks feel, well, not that bad. I never experienced the "I'm so sick of running" feeling I had in every previous marathon training cycle, and I arrived at the starting line healthy.

LESSON 3 POWER ISN'T JUST FOR SPRINTERS.

At the beginning of each week, Shay would populate an online calendar with my workouts for the next seven days. The first time I saw a hill-sprint workout there, I said aloud, "Oh, hell no." And

WHAT'S IT LIKE TO WORK WITH A COACH?

HERE'S WHAT TO EXPECT WHEN YOU HIRE AN EXPERT.

A GOOD COACH WORKS AROUND YOUR SCHEDULE

Adjusting a standard plan (with its Sunday long runs and midweek speedwork) can be tricky. "I'm a nurse, so I have a crazy schedule," says Sally Boyd, 57, one of Hamilton's athletes from Marietta, Georgia. "Janet looks at that and makes it work."

A GOOD COACH CAN MAKE ADJUSTMENTS

"I would follow a canned training program to a T, unless I got the flu and was bedridden," Paul Sorace, Hamilton's client from New Jersey, says. If you start feeling tired, sick, or injured, a coach can help determine if a workout will do more harm than good.

A GOOD COACH CAN REIN YOU IN...

Boyd was on crutches when she started emailing with her coach due to a stress fracture from doing too much, too soon. Hamilton taught her about rest days, strength-training, and the importance of running easy on easy days.

...AND PUMP YOU UP

A good coach should help you deal with the highs and lows of training and racing, Kamphoff says. When Shay learned that Wineglass didn't go as I'd hoped, she praised the quality of the work I'd put in and reminded me to savor my PR.

EXPERIENCE REQUIRED

Coach Alicia Shay of the Run SMART Project designed this plan specifically for author Meghan Loftus—a 13-time marathoner who'd logged 30 to 40 miles per week consistently for the previous six months. If you hire a coach,

you will get a plan tailored to your strengths, weaknesses, current running goals, and work and life schedules. Or try one of the 15 *Runner's World* marathon training plans at runnersworld.com/trainingplans.

	MON	WARMUP (MI.)	TUE	COOLDOWN (MI.)	WED	WARMUP (MI.)	THU	COOLDOWN (MI.)	FRI	WARMUP (MI.)	SAT	COOLDOWN (MI.)	SUN	TOTAL MILES
1	Easy 6 miles	3	6 × 20-sec. hill sprints with 90 sec. rest	1	OFF	2	8 × 2:00 at TH with 1:00 recovery	2	OFF	-	13 miles LSD	-	Easy 7 miles	38
2	Easy 7 miles	2	5 × 4:00 at TH with 1:00 recovery	2	Easy 5 miles	2	12 × 1:00 at REP with 2:00 recovery	1	OFF	-	14 miles LSD	-	Easy 7 miles	47 ●
3	Easy 5 miles	3	8 × 20-sec. hill sprints with 90 sec. rest	1	OFF	-	Easy 7 miles	-	OFF	4	4 × 1 mile at MP with .25-mile recovery	4	OFF	29
4	Easy 6 miles	1.5	4 × 200 m at REP with 200 m recovery, 4 × 400 m at REP with 400 m recovery, 4 × 200 m at REP with 200 m recovery	1.5	OFF	-	Easy 7 miles	-	Easy 5 miles	7	3 × 10:00 at MP with 2:00 recovery	4	OFF	40
5	Easy 7 miles	1.5	1 mile at TH, 2:00 recovery, 2 miles at TH, 3:00 recovery, 2 × .5 miles TH with 1:00 recovery	1.5	OFF	3.5	10 × 20-sec. hill sprints with 90 sec. rest	1.5	Easy 7 miles	-	15 miles LSD	-	OFF	43
6	Easy 7 miles	1.5	1 mile at MP, 1 mile at TH, 3:00 recovery, 10 × 45 sec. at REP with 90-sec. recovery	1.5	OFF	2	8 × 2:00 at TH with 30-sec. recovery	2	Easy 7 miles	6	2 × 4 miles at MP with 4:00 recovery	3	OFF	46
7	Easy 7 miles	3	12 × 1:00 at REP with 2:00 recovery	2	OFF	-	Easy 7 miles	-	Easy 3 miles	4	5K race	5	Easy 3 miles	41
8	Easy 7 miles	1.5	1 mile at TH, 1:00 recovery, 2 miles at TH, 2:00 recovery, 1 mile at TH, 4:00 recovery, 6 × 30 sec. at REP with 90-sec. recovery	1.5	OFF	-	Easy 8 miles	-	OFF	3	4 miles at MP, 1 mile recovery, 3 miles at MP, 1 mile recovery, 2 miles at MP	3	Easy 4 miles	46
9	Easy 4 miles	4	10 × 20-sec. hill sprints with 90-sec. rest	1.5	Easy 4 miles	-	Easy 6 miles	-	OFF	-	15 miles LSD	-	OFF	36
10	Easy 7 miles	2.5	8 × 1:00 at REP with 2:00 recovery, 8 × 30 sec at REP with 90-sec. recovery	1.5	OFF	-	Easy 7 miles	-	OFF	4	5 × 2 miles at MP with 2:00 recovery	4	Easy 4 miles	46
11	Easy 7 miles	1.5	3 miles at TH, 3:00 recovery, 3 × 1 mile at TH with 1:00 recovery	1.5	OFF	-	Easy 7 miles	-	OFF	-	18 miles LSD	-	Easy 5 miles	47
12	Easy 4 miles	1.5	5 × 3:00 at TH with 30-sec. recovery, 3:00 recovery, 5 × 3:00 at TH with 30-sec. recovery	1.5	Easy 7 miles	-	Easy 7 miles	-	OFF	4	4 × 3.5 miles at MP with 3:00 recovery	3	Easy 5 miles	54
13	Easy 5 miles	-	OFF	-	Easy 4 miles	-	Easy 7 miles	-	Easy 6 miles	-	20 miles LSD ●	-	OFF	42
14	Easy 7 miles	2.5	6 × 90 sec. at 5K pace with 90-sec. recovery, 6 × 1:00 at REP with 2:00 recovery, 6 × 30 sec. at REP with 1:00 recovery	1.5	OFF	-	Easy 7 miles	-	Easy 4 miles	5	6 miles at MP, 4:00 recovery, 2 × 3 miles at MP, 3:00 recovery ●	2	OFF	48
15	Easy 6 miles	1.5	2 miles at TH with 2:00 recovery, 1.5 miles at TH with 1:00 recovery, 2 × 1 mile at TH with 1:00 recovery	1.5	OFF	-	Easy 4 miles	-	Easy 5 miles	-	Easy 8 miles	-	OFF	33
16	Easy 5 miles	1.5	5 × 1K at TH with 2:00 recovery	1.5	OFF	-	Easy 4 miles	-	Easy 3 miles	-	OFF	-	Race Day	19

KEY

EASY A comfortable pace, which may vary from day to day.

MP Marathon pace, used to experience race-pace conditions.

TH Threshold pace (about half-marathon pace), which improves endurance.

REP Repetition pace (similar to mile race pace), which improves speed and economy.

A FEW FOOTNOTES ON MY TRAINING

● I was on vacation this week. Instead of running fewer miles (as I would have done on my own), Shay gave me more. I told her how tired I was after, so she took it easy the next week.

● Shay had me do this run on a Friday: I told her I had a wedding on Saturday, and because alcohol inhibits muscle recovery, she wanted me to abstain after long runs.

● Bonking on this “dress rehearsal” run worked out well: Shay helped me identify and fix the problem (see LESSON SIX, page 74).

YOUR FIRST DAY

TWIN CITIES

RACE DAY 10/4
START TRAINING 6/15

CHICAGO

RACE DAY 10/11
START TRAINING 6/22

MARINE CORPS

RACE DAY 10/25
START TRAINING 7/6

NEW YORK CITY

RACE DAY 11/1
START TRAINING 7/13

PHILADELPHIA

RACE DAY 11/22
START TRAINING 8/3

Hill sprints build power and improve running form—and they're actually pretty fun! (Says the author.)



then, “Did she forget what distance I’m training for?” To me, one of the perks of training for a marathon was avoiding the all-out, lungs-and-legs-burning, I-can-taste-blood kind of speed-work that 5K runners endure regularly.

I emailed her to ask about this odd-seeming workout. “Most runners have stronger engines compared to the structure needed to support the engine,” Shay replied. “The goal of hill sprints isn’t necessarily speed but the ability to recruit more muscle fibers as you fatigue in workouts and races.”

Shay went on to detail another benefit of these workouts: improved form. I’d sent her race photos to show how my right leg kicks out at the back of every stride, likely a product of the same issues that led to my hip injury. “With any type of hill workout, it becomes very difficult to have sloppy form, so integrating hill sessions can help with form corrections,” she said. “Hill reps are a great way to become aware of how you are powering forward.”

As strange as it was for me to try workouts that involved 10- to 20-second uphill sprints with 90 seconds of complete walking/

standing rest, they worked as promised. I started to feel like I was actually drawing power from the glutes I was working so hard to build in the gym, especially at and above half-marathon pace. I really noticed this in the half I completed six months before Wineglass, where I ran a two-minute PR.

LESSON 4 NEVER DO THE SAME WORKOUT TWICE.

Two workouts common to many plans are mile repeats and Yasso 800s. And while both are worthy options, doing the same workouts week after week (and training cycle after training cycle) stops challenging your body—and your mind. “Doing the same thing makes you stale,” Shay says. “Your body responds to different sorts of stimuli to make different adaptations. Doing different workouts at a variety of paces only serves to enhance your fitness.”

Run SMART Project coaches like Shay use a recent race or time-trial time and a running calculator de-

veloped by the group’s founder, legendary running coach Jack Daniels, to determine what your paces should be for different kinds of workouts. Shay regularly assigned me runs with segments at threshold pace (slightly faster than half-marathon pace, meant to improve endurance) and rep pace (roughly mile pace, meant to improve speed and running economy). Some workouts included repetitions based on time, while others were based on distance. Some had me running all reps at a single pace, while others had me changing paces two or three times. I regularly had to write my workouts on my hand before heading out to remember them—they challenged me physically *and* mentally.

LESSON 5 IF YOU HAVE A TIME GOAL, NOT ALL LONG RUNS SHOULD BE SLOW.

Many training plans feature a weekly long, slow run, prescribed at one to two minutes slower than goal

A WINNING RACE-EVE MEAL

This night-before dinner has a good mix of protein and simple carbs to fill you up without dooming you to a race morning spent in the porta-potty.

MUSTARD-AND-BROWN-SUGAR-RUBBED SALMON

INGREDIENTS

- 1 tablespoon dark brown sugar
- 1½ teaspoon salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon ground cumin
- ¼ teaspoon mustard powder
- 4 salmon fillets (6 oz each), skin removed
- 1 teaspoon olive oil
- 2 cups cooked white rice

DIRECTIONS

- 1/ Stir together sugar, salt, pepper, cumin, and mustard powder in small bowl. Unwrap fish and leave it on the paper you bought it in, placing it so the side that had skin is down. Press sugar mixture evenly onto fish.
- 2/ Heat oil in large nonstick or cast-iron skillet over medium heat. When hot, place fish rub-side down in pan. Cook until rub dissolves and darkens slightly (being careful not to burn), about 4 minutes. Flip fish and cook to medium doneness, about 1 minute.
- 3/ Divide rice into four portions and top each with a salmon fillet.

A meal that combines protein and carbs the night before a long run or race helps you feel satiated and ready to run.



marathon pace, which is fine if your main goal is to finish the race. “I was listening to a talk that [elite running coach] Renato Canova gave and he was poking fun at American marathoners, how they say, ‘In a marathon, anything can happen,’” Shay said. “That shouldn’t be the case. Americans do so much running faster or slower than marathon pace, then they’re trying to race at a pace they’re not familiar with. You shouldn’t step onto the line and think, *What’s this pace going to feel like?*”

To avoid overworking me, Shay alternated: One week-end she’d give me a long, slow run, and the next, a long run with segments at marathon pace. I built up to a couple 20-plus-milers that had 12 or 14 of those miles at goal pace. The point of these workouts was to train my body and mind to run at that pace, and to build my confidence in my ability to hold it for a whole marathon.

I ended up enjoying the interval-like long runs more than the two- to three-hour steady-state slogs. Changing paces kept my mind engaged, and I felt post-long-run fatigue I hadn’t experienced since the first time I attempted 18- and 20-milers—a good thing. “Marathon training is not easy, so you should never feel like you’re breezing through it,” Shay says. “If you do, you’re not reaching your potential or training properly.”

6

LESSON

TREAT YOUR GUTS WITH RESPECT—AND NOT JUST ON RACE DAY.

I remember being at a bar the night before the first 10-miler of my first marathon-training cycle with a

friend who was also training for her debut. We decided to order cheese fries to go with our beer, for carb-loading. Unfortunately, as my marathon ambitions became more ambitious, my diet didn’t change, not even in the days leading up to my races. I would eat and drink with reckless abandon—the more calories, the better, right?—and then I would wonder why I spent most of race morning in the porta-potty. *I must have really bad prerace nerves*, I thought.

Luckily, I bonked during my last long run before Wineglass, complete with prerun gastrointestinal rage. Alicia asked what I’d eaten the day before, and I told her—lots of pasta, beer, a hoagie, snacks...about what I’d eat the day before a marathon. “You ate around 10 servings of gluten/wheat,” she replied. “Combine that with a nervous digestive tract and you will have problems. Wheat is such a big offender for so many people.”

Depending on the person, the potentially inflammatory component in wheat may be gluten (a protein composite), fructan (a short-chain carbohydrate), or something else entirely. Nancy Clark, a registered dietitian and author of *Nancy Clark’s Sports Nutrition Guidebook*, says consuming too much fiber from whole-wheat products could be more irritating to some people than the gluten. Quantity also matters: “Some people can tolerate a normal amount of wheat, but when you eat a lot, it sort of tips the balance,” Clark says. “The dose may be the poison.”

To be safe, Shay had me eliminate wheat almost completely the day before Wineglass. I had a slice of toast with breakfast, then switched to other carb sources for the rest of the day. I snacked on bananas, rice cakes, and Rice Chex. Lunch was a turkey wrap on a corn tortilla; dinner, a salmon fillet with

fit

Created for Women by Women

"I know I can trust Six Star® Fit 100% Protein Isolate to taste great and help keep me in great shape!"

DANICA PATRICK
PROFESSIONAL
RACE CAR DRIVER

SIX STAR
PRO NUTRITION

Six Star® Fit 100% Protein Isolate – Created for Women by Women

- ▶ 16g of a high-quality blend of isolate proteins – 2g carbs, zero fat & only 70 guilt-free calories!
- ▶ A veggie & fruit blend with flax seed, digestive enzymes and GanedenBC³⁰™ probiotic cultures
- ▶ A decadent flavor – awarded the Gold Medal for Superior Taste¹

Danica Patrick, Coco Ho and Candace Parker choose Six Star® Fit 100% Protein Isolate to support their goals and nourish their bodies.



facebook.com/SixStar @SixStarPro sixstarpronutrition

SixStarFit.com

¹The American Masters of Taste, a prestigious panel of chefs and flavor experts, awarded Six Star® Fit 100% Protein Isolate the Gold Medal for Superior Taste. GanedenBC³⁰™ is a trademark of Ganeden Biotech Inc. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

PREMIUM SUPPLEMENTS. SMART PRICE.

Available at
Walmart

white rice (see “A Winning Race-Eve Meal,” page 74). The next day, I needed only two fingers instead of two hands to count the number of times I went number two prerace. Was it the lack of wheat? Maybe, says Shay: “It could have just been you were more careful about what you ate.” But I do know that for the first time, I arrived at the starting line hydrated, and it was wonderful.

LESSON 7 DON'T HANG YOUR HAPPINESS ON YOUR FINISHING TIME.

“I tell my athletes that phenomenal performances are a combination of a really good training plan, really good execution, and the alignment of the planets,” Hamilton says. The reality of the marathon is: You will be training for at least a few months for a single day. It is unlikely that everything will come together perfectly. It might be windy. You might have a cold. It might be windy *and* you might have a cold.

Or you might fall prey to a seemingly inexplicable bout of insomnia. Two nights before Wineglass, I awoke at 2 a.m. and couldn't fall back to sleep. On race-day eve, I managed only an hour or two of shut-eye. I never had that happen in training. (I also never read on my light-emitting e-reader before trying to sleep...except for the two nights before the race.) I could barely string together a sentence as I pinned on my bib race morning, and despite months of dedicated training, neither my legs nor my brain felt primed to compete.

In my dopey state, I broke one of running's cardinal rules: Don't Try Anything



QUESTIONS FOR YOUR COACH

Once you've found candidates with physiology or anatomy backgrounds and experience with marathoners, here's what to ask them.

How many runners like me have you coached?

It's helpful to have a coach who not only has experience with your chosen distance, but also has successfully trained runners of your age, gender, and ability level, Hamilton says.

What's your coaching philosophy?

Ask about the kinds of workouts and the amount of volume the coach thinks might be right for you, Shay says. Listen carefully to the answer—you'll get a sense of what to expect if you sign on and a feel for whether the coach knows her stuff.

What's your experience working with individuals?

If the bulk of a coach's experience is, say, overseeing charity training groups, that's a different skill set than writing a personalized plan and giving one-on-one attention, Hamilton says.

How much personal interaction can I expect to have?

“Coaching doesn't work out a lot of times because the athlete has different expectations than the coach,” Shay says. If you're looking for someone you can call or text multiple times per week and the coach is expecting to exchange emails a few times per month, you're not compatible.

What's your background in dealing with injury?

The best coaches for injury-prone runners have a background in exercise science or kinesiology, Hamilton says, and should be able to assess your strength and flexibility via Skype or in person.

New on Race Day. With my breakfast, thinking it might give me a boost, I had a fizzy, caffeinated sports drink that I was used to consuming postrun. Instead, it created a hostile gastrointestinal environment for all the fuel I would take in during the race. By mile 18, my mantra had become, “Move forward without barfing.” I fell short of my lofty goals, I didn't enjoy myself, and I walked away bitter.

“Rigid expectations aren't helpful,” Kamphoff says. “Let's say my goal is to run a 3:30, and I might believe that I can because I've had a coach, and then I get in the race and that's not happening for me that day.” The race can go wrong mentally long before it goes wrong physically, she says, and even a PR can feel like a failure.

A few months after Wineglass, I met Shay in person, and we talked about what I should do next. “You need to choose a goal that inspires you,” she told me. It seems obvious, but it made me realize something: I've been so focused on qualifying for the Boston Marathon for the past few years that I never stopped to consider whether the pursuit was making me happy. And it wasn't!

Since I'm not a runner who loves every moment of marathon training—especially not the parts that happen above 70 degrees—I'll never be one to say, “Well, I didn't nail the time I wanted, but the journey that got me to race day was so worth it!” The race itself has to be worth it. From now on, I'm skipping “fast” marathons—which are only fast if it's cool and you're healthy and you get some sleep the night before—and entering ones that advance my goal of going 26.2 in every state. To me, the journey of marathon training is worth it if it literally takes me to a place I've never been before. I may never have realized that without Shay's help. 🍷



...let the Wookiee win.



Star Wars™ Half Marathon Weekend | January 14–17, 2016

Race through a galaxy far, far away with some of your favorite *Star Wars*™ Characters in a new half marathon at Disneyland® Resort. Registration opens June 16. Visit rundryney.com for details.

The era's
greatest runners:
England's Walter
George (left)
and American
Laurence "Lon"
Myers.



◆ RISE *of a* RUNNING



NATION

◆ This is the story of **LAURENCE E. MYERS**, a track star whose
◆ blazing speed brought American track and field out of the dark
◆ ages of sack and three-legged races and legitimized the sport.
◆ Whose epic 1882 duel against Britain's best miler mirrored the race
◆ for global supremacy between the U.S. and England. Whose go-
◆ for-broke style dazzled audiences and critics alike. It's also the
◆ story of a man who raced to the top, only to slip into obscurity.

◆ By **BILL DONAHUE** Illustration by **Bruce Emmett** ◆



HE TRAVELED TO ENGLAND HUNGRY.

A lean and rosy young man who stood 5'8" and weighed 112 pounds, Lon Myers was 23 years old that summer of 1881, and the pride of the Manhattan Athletic Club. He ran with his bony arms held low, his skull wrapped pirate-style in a bandanna, and he held national titles in the 100 and 220, and world records in the 440, 880, and 1,000 yards. He had no equal in the U.S.

So in June, he sailed to England for that country's amateur track championships. Modern athletics was born there in the 1850s when pubs built cinder tracks on their grounds, attracting drunken hordes bearing tankards of ale and smoking cigars as they wagered on gaunt harriers. By the time Myers boarded his ship, the British ruled the track—as they did much of the world, with their colonies as far-flung as Bhutan and Fiji—and held nearly all the world records. One British track authority scoffed at the foreigner's dazzling times. "There isn't a man in America who can properly hold a watch," he sniffed. "Let Myers come. He will go back a sadder but wiser man."

Instead, Myers trounced the Brits,

winning six of his seven races. He finished one 440-yard race running sideways, taunting his foes. Spectators were awestruck. *The London Land and Water* raved, "It is impossible to speak too highly of Myers's style and pace."

Still, there was a tinge of failure to Myers's victorious British tour. He'd sailed to England, in part, to face Britain's premier harrier, Walter George. A strapping 23-year-old pharmacy assistant, George had grown up chasing hounds in the midlands, and evolved a training regimen that involved the "100-up" (basically leaping, high-kneed, in place) and taking baths in brine. George was the country's top amateur and the star of Birmingham's best team, the Moseley Harriers. He'd recently run the mile in a blistering 4:19 $\frac{2}{5}$. But asthma sidelined him for the championships that July, and his club's secretary, Harry Oliver, winced as he announced that George would be "deprived of competing [against Myers] for his own honour and for the honour of England," lamenting, "Never before and perhaps never again, will there be such a chance."

But a new powerhouse was emerging to promote track and field in the United States. The New York Athletic Club (NYAC) was an exclusive, all-male club, a magnet for the hedge-fund types of its day that would soon boast as members George W. Vanderbilt and John Jacob Astor, Amer-

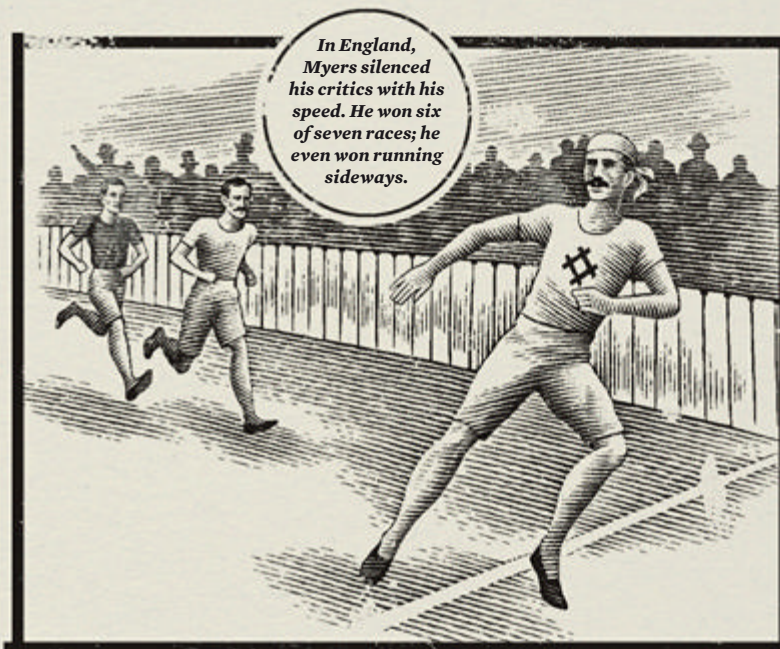
ica's first multimillionaire. In late 1881, its president, William Curtis, wrote to George inviting him to battle Lon Myers at the Polo Grounds, a baseball park on the Upper West Side of Manhattan. The club needed George's star power as it clamored to trump its main rival, Myers's Manhattan Athletic Club, in a battle for eminence in New York society.

In writing back, George said, "I should like to know whether [Myers] will promise to run me a friendly match on what I consider fair terms...three races—say half-mile, three-quarters, and one mile." The best-of-three series would play out over three weeks and, to remove any taint of corruption that scarred much of the 19th-century pro track circuit, would provide the winner nothing but bragging rights as the "best runner in the world," says Roger Robinson, a running historian and author of *Spirit of the Marathon*. "Everyone was asking, 'Can America stand up to England?' This race would answer that."

L

AURENCE E. MYERS is one of the most important runners in the early history of track and field. At a time when the three-legged race

and the sack race were considered serious competitive events in the United States, his explosive performances over a range of short and middle distances inspired respect and awe among spec-



FROM "HOW TO SPRINT," SPALDING'S ATHLETIC LIBRARY (TOP LEFT)

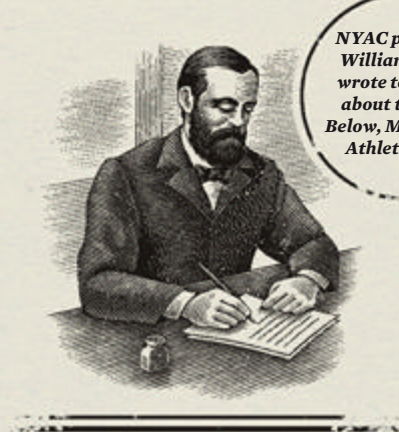
tators and gave the fledgling sport legitimacy. He was the Jesse Owens, the Prefontaine, of his era, and as the U.S. was emerging as a global power, he was one of the first to make clear to the world: The Americans are coming. He was the homegrown superstar who captivated audiences, then nearly disappeared from history.

He was Jewish, a minority at a time when anti-Semitism in America was taking on a keen edge, with Jews being barred from some hotels, restaurants, and social clubs. As a Jew, Myers was a rarity in track and field, a sport then dominated by immigrant Irishmen and the pedigreed WASPs of the NYAC. The NYAC was reputed for anti-Semitism long into the 20th century: The *Jewish Telegraphic Agency* wrote in 1959 of the club's "tight bars against Jews and Negroes," and in the mid-1930s, Marty Glickman, a Jewish world-class sprinter, was shunted from the NYAC lobby by the club's president, Paul Pilgrim. (The first African-American wouldn't be admitted until 1989.)

Myers was a Sephardic Jew, with noble roots in Spain and Portugal. His ancestor Myer Myers was one of colonial America's top silversmiths, and Myers himself grew up in Richmond, Virginia, part of the Jewish elite that fought with honor in the Confederacy. He began running at age 20 to ward off consumption, a pulmonary disease, but he never really got well. Throughout his life, he suffered frequent bouts of malaria, shivering with fevers in an age before antibiotics. He was often beset with pneumonia, and in letters he frequently wrote about his afflictions: "I was sick for two days, I caught cold all through my body, and my head ached so that I could not lift my eyes."

Jaunty and ebullient at times, Myers bet on horses and taunted those "wise-acs" who criticized his easy-does-it workout regimen. He once played poker all night and, without eating or sleeping, broke a world record the next day. He quipped that in his racing bandanna he looked like an Egyptian mummy. The proprietor of a skating rink, he was also a columnist for the *New York Sportsman*. But he often lapsed into depression. According to *The New York Times*, "He would be irritable without cause, cruel to the ones he loved best, and combative to the point of truculence.... No training methods suited him then, and no one could handle him."

Old photos of Myers reveal coal



NYAC president William Curtis wrote to George about the duel. Below, Manhattan Athletic Club.



black eyes glaring with intensity. In races, he'd push himself so hard that his locker room agonies of "retching, coughing, and vomiting" became ritual. The *Times* editorialized after one of Myers's races that he reached the finish line "thoroughly exhausted and in great distress. The effort to excel in athletic sports is undoubtedly to be commended, but there can be no question that, carried beyond certain limits, it is not only unwise but harmful."

His intensity, however, drove spectators delirious with excitement, inducing his most ardent fans to leap off the grandstand or dash out onto the track. Before Myers, the sport was in the dark ages: Venues were slipshod; a track might be a 520-yard circle or a 160-yard jagged oval. In addition to the sack and three-legged events, track competition included "horse races" that featured teams of shirtless runners pulling carts bearing fire hoses as bettors in top hats heckled and cheered. With his thrilling splits, Myers proved that such gimmicks were unnecessary when it came to captivating crowds. He was the first in the world to break 50 seconds in the 440 yards—despite losing a shoe with 120

yards to go. In 1880, he won national titles in four events in a single day. He could run 10 seconds in the 100 yards and 4:29 1/2 in the mile. And he had a gift for theater. He once challenged a top ice skater to a race wearing ice cleats. He won.

W

ALTER GEORGE was, in contrast, a stolid jock. When asked to predict the outcome of his duel with Myers, he replied, "I am not at all sanguine that I shall win a major-

ity, or even one, of the three events as I know what a really splendid runner Mr. Myers is. All I ask is a fair field and no favour."

Handsome, with pale blue eyes and a fine auburn mustache, George hailed from Worcester, an industrial city in Britain's West Midlands (and birthplace of Worcestershire sauce). He was nearly six feet tall and 150 pounds, and as an athlete trained with the "dedicated concentration...of a Zen Buddhist," and "with the poise of a ballet dancer," writes Peter Lovesey in his book *Five Kings of Distance*. When George traveled to races, female admirers tracked him down via telegram; before one event, he stayed up all night, then met with a young lovely from Brighton for breakfast, riding with her through West London in a hansom cab.

George sailed west for New York on September 28, 1882. As an athletic star, he traveled in luxury on the S.S. *City of Rome*—then the world's largest ocean liner, with four high masts. A delegation from the NYAC greeted him when he reached Castle Garden port in Manhattan on October 7, and George stepped ashore into a crowded and complex metropolis.

New York in 1882 was a city split between the rarefied world of white tie balls and fetid, violent tenements where two-thirds of the city's population lived 15 to 20 per room amid the stench of slop jars. There was horse manure in the streets, with epidemics of cholera and typhus devastating communities. By the time George arrived, there was also electricity. Thomas Edison had opened the world's first central power plant, the Pearl Street Station, the previous month, electrifying a few streets in the financial district. George and his

coach, Will Caldicott, a 30-something hop and seed merchant, strolled amid the bright lights.

Nine miles uptown, on a stretch of Manhattan newly converted from farmland and bordered by a sprawling, multiracial squatters' colony, the Polo Grounds sat in darkness.

IN THE WEEKS leading up to his showdown with George, Myers trained in the warm autumn sun on the midtown grounds of the Manhattan Athletic Club. He ate heartily, increasing his weight from 112 to 115 pounds. Paparazzi hounded both runners, and in saloons and on street corners, fans placed their bets. A wager of 10 or 15 cents might suit a workingman who earned a dollar a week, though it's possible some laid down hundreds or even thousands in deals that were not quite legal but still tolerated by the police, who often got a cut of the proceeds.

When Myers awoke on November 4 for the first of the three races, the 880 yards, it was cold. So bracing were the winds that day that the *The New York Times* reported, "It was said that Myers weighed a pound less than he should weigh" and "a heavy wind would seriously impede his running."

George was the early favorite among bettors, but as the afternoon start neared and the winds slackened, the odds shifted toward Myers, the hometown hero. He did, after all, hold the world record for the 880-yard distance: 1:55 $\frac{3}{5}$.

There were 2,000 spectators in the stands despite the chilly weather, and the prerace buildup took its cues from heavyweight prizefighting. George came out, according to *Bell's Life*, a London paper, "enveloped in an ulster, and accompanied by his friend and an attendant, he walked spiritedly down the path to the starting point. The applause bestowed upon him was of no stinted kind. Two minutes later, Myers and his faithful Scotch trainer, John Frazier,

forced their way under the rails through the crowd."

The runners took their places on the starting line, and at the gun, George took the lead. But the Polo Ground's $\frac{1}{3}$ -mile cinder track was makeshift, an afterthought on a field that suffered abuses from baseball games, lacrosse matches, and football tackles. The going was difficult. In one sandy section, Myers and George sank to their shoetops, and in another 150-yard stretch, their spikes left inch-deep marks in the freshly laid ashes. Still other patches were hard as pavement.

After about 300 yards, the runners reached the grandstand with George ahead by two yards. He ran bent at the waist and grimacing, his arms working violently. Myers ran with his head erect and arms swinging loosely, and at about 400 yards, he drew close to George before again drifting back. He made his move with 130 yards to go and nipped the Englishman by $\frac{2}{5}$ of a

second, winning in 1:56 $\frac{3}{5}$.

Jubilant fans waved handkerchiefs and threw hats into the air, and soon the track swarmed with delighted Myers supporters. Myers seemed pleased, and cocky. "I could certainly have run 1:53, maybe 1:52," he said, implying that he'd simply toyed with George. The wind didn't bother him much, he said later. "I was chilly during the race and caught a cold. Nothing serious."

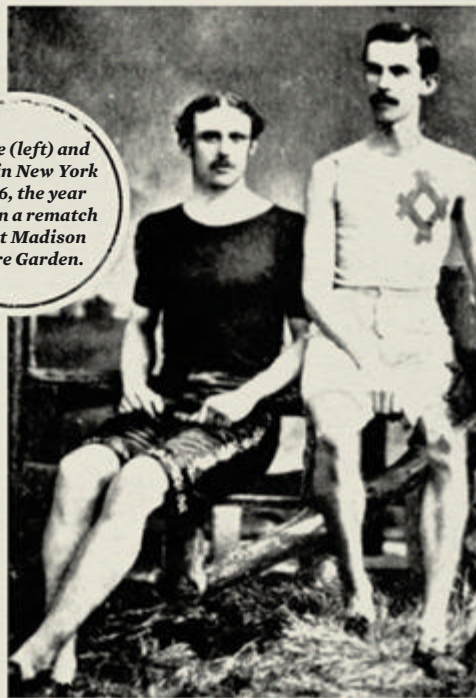
T

HE SECOND RACE, the mile, took place on a warm afternoon seven days later on November 11. The favorable weather

brought out the hooligans, and the New York Police Department were out in force to stand in a solid hedge between the track and the stands, but less than a minute into the race, fans in the free seats went berserk. "This ungallant 300 rose simultaneously, rushed across the southeast corner of the field with deafening yells, and took partial possession of the lower end of the path," reported *The Spirit of the Times: The American Gentleman's Newspaper*.

The real drama at the Polo

George (left) and Myers in New York in 1886, the year they ran a rematch duel at Madison Square Garden.



After arriving in New York City, George (left) and his coach walked its newly illuminated streets.





Papers in the U.S. and England covered the duel extensively. This article was in The New York Times.

Grounds that day, however, took place inside Lon Myers. His cold had gotten worse, and his gift for transforming prerace jitters into horsepower eluded him. He stepped to the line preoccupied, worried how his ardent fans had bet heavily on him, not knowing how weak and sickly he was. From the gun, he trailed George. The Brit loped along with dazzling efficiency, and with a quarter-mile to go, led by 10 yards. Myers tried to close, but it was hopeless. "If all New York City had been offered to me," he said, "I could not have run down the straight any faster." George finished in 4:21 $\frac{2}{5}$, but before Myers crossed the line, six idiot fans crowded him. One, thinking the harrier was too tired to finish, grabbed Myers by the waist and tried to drag him off the track. By the time Myers wriggled free and groped to the finish, the stopwatches had him at 4:27 $\frac{3}{5}$.

Afterward, Myers was gracious about the scuffle, saying, "I am heartily glad this hindrance befell me instead of our guest," but he was filled with self-reproach. "I am sorry I was not able to run faster," he said. "My friends and myself have paid a high price."

It was now Myers one, George one. "You could have predicted that," says Edward S. Sears, author of *Running Through the Ages*. "Myers had speed—he was sure to win the half—and George had endurance. The mile was his. The real race was the three-quarters, where they were evenly matched. That's the one that mattered."

The third and final event was the following Saturday, seven days off. But

suddenly Myers disappeared. For six days, no one heard from him.

G

GEORGE TRAINED HARD all that week, running speedwork under Caldicott's watch on Wednesday and Thursday. On Friday, November 17, George took the day off and lazed about in Mott Haven, a suburb where the NYAC had put him up in a lavish hotel. His reverie was broken by a telegram from Myers: The American was sick. He had caught a cold in that first race, and was "suffering from mus-

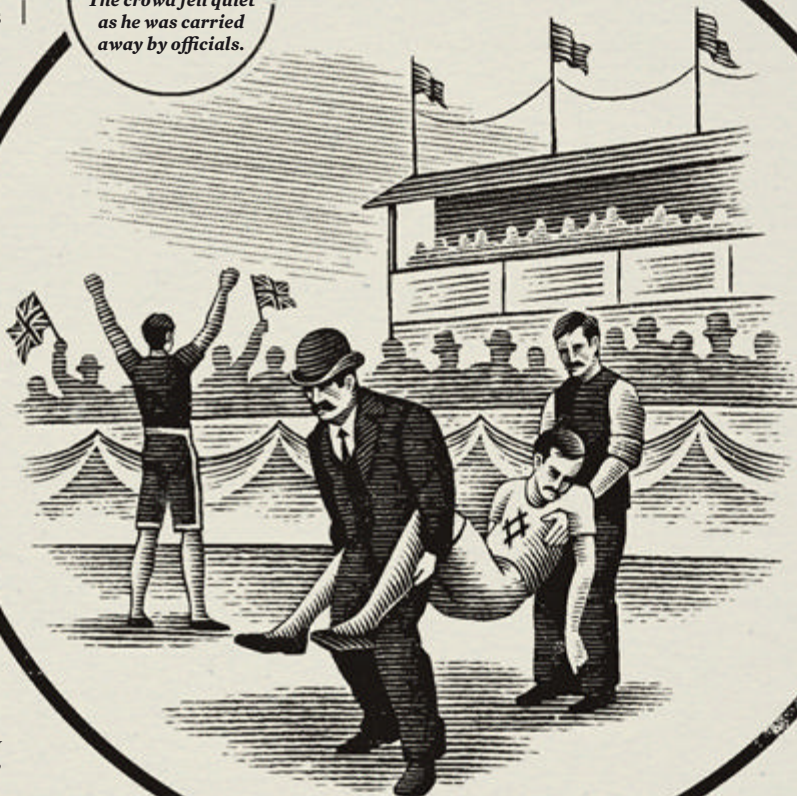
cular debility." Myers had a doctor's certificate excusing him from "athletic sports" for 10 days.

George had not crossed the Atlantic to win by forfeit, and when a reporter happened upon him at The Grand Opera House, he did not mince words. "Anyone can get a doctor's certificate," he said, apparently forgetting his own asthma attacks that had sidelined him from England's amateur championships just the year before. "I don't believe he is ill. A man who is able to walk about is able to run. If Myers doesn't run me on Saturday...we'll show him up in the English papers, and he'll never show his face over there again."

The New York press pilloried George for his trash talking, while *Bell's Life in London* and *Sporting Chronicle* sug-

His reverie was broken by a telegram from Myers: The American was sick.

Myers collapsed at the finish line of the final race. The crowd fell quiet as he was carried away by officials.



gested Myers conveniently “caught cold” after “George’s extraordinary time in his trial on Tuesday.”

Eventually, George calmed down enough to meet with Myers. He scolded the American for canceling on short notice, saying, “I’ll run it if I have a broken arm or leg,” but the two then shook hands and agreed to reschedule the race for Thanksgiving Day, November 30.

W

HEN THEY MET on the Polo Grounds at noon on the 30th, George asked after Myers’s health. With five direly needed new pounds on his ribs, the American replied, “I am feeling first-rate today.”

It was another cold day. In the shade, the temperature was below freezing; up in the stands, spectators shivered. Shoveled snow was piled high along the track, and officials and reporters stood in the deep, white tundra of the infield.

The final race was three-quarters of a mile, slightly more than two laps of the track. The two took off together at the gun, and for the first 150 yards, Myers and George ran stride for stride. Then,

the line in 3:10 1/2, Myers disintegrated. His head rocked and his legs wobbled. He lurched through the last six yards at a near walk, finished in 3:13, then crumpled to the track unconscious. As officials carried him out of the cold, the crowd was mostly silent.

George’s few fans at the Polo Grounds, however, were joyous. By the time he returned to his locker room, a giant flag hung over the doorway. The Union Jack fluttered in the brisk wind, its red cross resplendent against the white snow.

A

FTER GEORGE TRAVELED home to England, there was a grand celebration at the local horse-racing track, Pitchcroft, replete with a bonfire. “For nearly an hour,” reported the *Berrow’s Worcester Journal*, “the sky was radiant with coloured fires, sky rockets, and streamers. A device in pink and green lights containing the words ‘Welcome Home, Champion of the World’ was let off, while the band of the Worcester Artillery played ‘See the Conquering Hero Comes.’”

At an ensuing banquet, coach Will

If the duel was meant to answer, “Can America stand up to England?” the answer seemed clear. In fact, George’s triumph could be seen as a last grasp of greatness. The balance of power was shifting.

as was his habit, Myers let George drift ahead until the Englishman was leading by a stride.

Myers, his arms held low, his bony feet dancing over the frozen cinders, was still trailing when they ran into a headwind at about the half-mile mark. But as they made the final turn, the wind pushed against his back, and now it was the great Jewish-American sprinter against the rangy long-distance guy from Great Britain. “They came up the stretch like racehorses,” reported the *The New York Times*.

But Lon Myers couldn’t close an inch on Walter George. As George crossed

Caldicott said of his star athlete, “We ought to be thankful to him for upholding the prestige of the old country over the new.” Worcester’s mayor praised George’s “pluck, skill, and endurance,” before adding that his victory “attested the superiority of the English race over any other.”

And indeed, if the duel between Myers and George was meant to answer the question, “Can America stand up to England?” then surely the answer seemed clear. In fact, however, George’s triumph could be seen as a last grasp at greatness. The balance of power was shifting. America was rapidly becoming a force.

In 1886, Myers (left) and George ran a rematch duel in Madison Square Garden. Below, the event program.



Industry in the United States surged during the 1880s, thanks to cheap immigrant labor and abundant natural resources. By 1890, the U.S. economy was the most productive in the world. With wealth came military might in the form of battleships, and quick, successive



victories over Britain in disputes over land in Venezuela and sea access in Alaska. When a west London neighborhood hosted the 1908 Olympics, the two countries were so embroiled in a battle for global hegemony that the Games were dubbed “The Battle of Shepherd’s Bush.”

At the opening ceremony, the U.S. flag bearer, a shot-putter named Ralph Rose, eschewed local custom by refusing to dip the American flag in front of King Edward VII. Nationalistic jousting ensued. In the 400-meter final, perhaps the most controversial Olympic race

ever, American John Carpenter finished first, but officials accused him of impeding a British runner and nullified his victory. When the race was to be rerun, Carpenter skipped it in protest of what he deemed a biased call, and a Brit, Wyndam (Continued on page 108)

RUNNING *the* WORLD

BOGOTÁ

COLOMBIA



NAME **Sergio Zafra** AGE **27** PROFESSION **Financial Manager**

Zafra runs up Monserrate, a church-topped mountain east of the city. At 10,341 feet, its summit is the highest point in Bogotá.



RIGHT NOW, running is considered very cool in Bogotá. Ten years ago, there wasn't a running culture here and there were few races. People have started to love running, though, and it's grown amazingly fast. There are more races every year—the Bogotá Half Marathon has some 45,000 runners. Even a few years ago, it was difficult to get the right pair of shoes and ordering online wasn't as easy as it is today. Now that running is more popular, you can find any running-related products you want.

I got into running because I wanted to participate in competitions. I used to run alone when running wasn't as trendy, but then I started meeting people at races. Two runners and I created the Gacelas [Gazelles] Running Club back in 2010. There are about 500 members; 25 are really active, and about half are women. The club is growing with every race.

We meet on Sundays, when many big streets are closed to cars and buses. These closures are a city initiative, called the "Ciclovía" ("cycle way"). Runners can go from the south of the city to the north, about 30 kilometers, on avenues filled with people running, biking, and walking their dogs. At a training pace it takes me around 3.5 hours. During the week, it's not common to see people running on the streets because of all the cars and buses. We run in parks.

I know there's concern about safety in Bogotá. Colombia has many problems; many people have lived through civil war, but peace talks are taking place now. In the big cities, we don't see it—I have never seen guerrilla warfare—but a lot of people in the countryside have lived through it. The way

*As told to
Nell McShane Wulfhart*



*From top:
return trip from
Monserrate
(mountain on left);
Bolívar Square; part
of Ciclovía; Parque
Nacional.*

the media portrays Bogotá is wrong: It's not all drugs and narco-trafficking! You can walk with your phone in your hand on the street; you don't have to hide it. Just don't wave it around; be cautious. I never feel threatened when I run, never.

People here are known for being very formal and "cold." It's a city of independent people; many have moved here by themselves to look for new opportunities—the "Bogotá dream." Bogotanos are always in a hurry. They're stressed and busy with their jobs, and many work on Saturdays, too. Running is popular because it's a way for people to relax and make friends.

Once or twice a month, I run up Monserrate. It takes me about 35 or 40 minutes to reach the summit. Early Sunday, 5 or 6 a.m., it's just us athletes on the mountain. Later, the path fills with families. It's one of the most popular places in Bogotá. You can see the whole city from there, and there's a beautiful contrast between the concrete and the cars and all the trees and nature on the mountain.

Even when you're not climbing a mountain, the altitude is high in Bogotá [8,660 feet]. When athletes from other places come here, they get exhausted quickly because they're not used to it. When we go running in other cities, we feel good!

With running, I can discover new places, new friends, new life experiences. My goal is to complete one World Marathon Major a year [there are six]. In September, I'll run Berlin. I ran Chicago last year in 4:10. It was my second marathon [his first was in Medellín, Colombia]; it was amazing. There were so many people supporting the runners. I ran with the Colombian flag on my back, but a lot of Americans didn't know where the flag was from so they called out, "Come on, Superman!" and "Nice cape, Superman!" 🇨🇴

If you've raced at least once in your life, you've thought it: *I just don't want to be last.* Of all the things that can go south on race day, surely this is the worst. Nothing spells failure like D-F-L. But is it so horrible? So soul-smashingly awful? We tracked down members of this feared and misunderstood runnerhood—

DEAD FREAKIN' LAST



those who have literally brought up the rear and those who have been within spitting distance of it—willing to spill about finishing in the way back of the pack. Turns out, it's not that bad. Sure, there can be tears and hard lessons, but there's humor, joy, camaraderie, and even honor back there, too.

...*AND* *PROUD* *OF IT!*

By A.C. Shilton

Illustrations by Rami Niemi



After finishing in the way, way, way back...



SHE HAD THE LAST LAUGH

Erin Hazler, 39, staff auditor, Ellettsville, Indiana. Gave her less-than-speedy finish a humorous twist on her blog, persistentrunner.blogspot.com.

“After a crappy race, it can be kind of weird to run through the chute when all the fast people are sitting facing the chute because the awards started. But I ran the [2012 Southwest-way Park trail] race, so screw it; I’m gonna cross the finish line like everyone else. I did the work! It was just a little slower. Now to the awesome. My crazy running group/family tore into the chute to make a power arch for me, screaming like lunatics! If more slow people got this kind of finish, maybe they would show up for these things? So my friends cause such a ruckus, the announcer stops the awards to point out that I must have quite a fan base. Then there I was, staring at all these people. My brain said, *You should say something*. So I did: ‘TAKE THAT, FAST PEOPLE!’”

THE
final
WORD

VIA FACEBOOK A few years ago I beat Superman in a 5K trail race. I thought I was dead last but discovered that my time had eclipsed that of a runner named Clark Kent (seriously). **MIKE WYKES**, 66, KENTWOOD, MICHIGAN



THE
final
WORD

VIA FACEBOOK On my birthday, I “ran” the Colfax Half Marathon. Around mile 11, I hear “squeak, squeak, squeak,” behind me. Not wanting to get discouraged by seeing I’m last, I didn’t turn around. Eventually the squeaking

gets closer and closer to me until it finally passes me. There, pushing her oxygen cart, is a little old lady. She looks back at me and yells, “Keep it up, sweetie!” and leaves me in her dust. **BETHANY HALL**, 47, GRAND JUNCTION, COLORADO



SHE BECAME A “RUNNING ANGEL”

Bonnie Fowler, 49, certified financial planner, Toronto, Ontario. Started “Bonnie’s Dream Team,” which provides runner volunteers for way-back-of-the-packers to help them reach the finish.

“My first marathon was the Toronto Waterfront

Marathon in 2012. I’m slow, and by the time the half marathon split off from the full, the crowds were gone. Luckily, I wasn’t alone. My training partner ran with me because there were no pacers for my expected finish time, and from 32K to 42K, a few friends joined us. During the last 10 kilometers, I saw all these runners struggling. The next morning, I got the idea for Bonnie’s Dream Team. I had people to help me, but these people didn’t. I tell faster runners, ‘You have no idea what it’s like at the back of the pack. People are stopping, sitting on the side of the road, giving up, with no one to take their hand and say, “Okay, let’s walk this out; you can

do this.’” Bonnie’s Dream Team staggers Running Angels at 32K, 35K, and 38K. We identify who is having a hard time, and ask, ‘Can we run with you?’ Some people we run with for 1K, some we run with for five or six, and they say, ‘No, no, don’t leave me.’ Some runners just need a smile or an encouraging word. Members of the team will tell you they’ve never experienced anything so emotional—people thanking them, hugging them. It’s incredible.”

THE
final
WORD

@lizgross144: New Year’s Eve. My second 5K. Windchill below zero. Eyelashes frozen. 657/687. One friend waited at finish.



CONSOLATION PRIZES

Some races save the best for the last

● There are only two prizes given out at **Mainly Marathons** events, a series of multiday, multistate races. The last-place finishers of the half marathon and marathon get a vintage toy caboose with a plaque reading, "The Best Is Last." Series founder Clint Bureson says he once saw a guy push his girlfriend across the line so he could "win." mainlymarathons.com

● In the past, it's been a dream catcher or a statuette of an eagle. For participants in the **Mohican Trail 100 Mile Run** in Loudonville, Ohio, the Last of the Mohicans award changes every year. Runners don't learn what the award is until race day, but it's always related to Native Americans or forest animals. ombc.net/mohican-100-trail-run/mohican-100-trail-run-general-info

● Bring up the rear at the **Weymouth Woods 100K Trail Run** in Southern Pines, North Carolina, and nab a hand-sculpted turtle from a local potter. "I've always had a lot of respect for the last-place finishers," says race director Marie Lewis. "The fast people have been home for hours before these guys come in. I wanted to recognize their effort." etinternet.net/~run/bike/weymouth-info.htm

● The final finisher of **The Umstead 100 Mile Endurance Run** in Raleigh, North Carolina, gets a little something from the stream that runs along the course: a Persistence Rock. Attached to the rock is a metal plate with the inscription "Persistence prevails when all else fails." He or she also receives a special "Norwoodie" walking stick made from native North Carolina hardwoods. umstead100.org



SHE MADE A NEW FRIEND

Kathy Contreras, 44, stay-at-home-mom, Aurora, Illinois. Getting lost in her first marathon netted her a lifelong buddy.

■ "Around mile 16 [of the 2013 Naperville Marathon in Illinois], I realized I hadn't seen a directional sign in a while. I tried to look up the course on my phone, but the names on the map and the actual street names weren't the same. I was freaking out, like, *This is crap, how am I supposed to finish if I don't know where to go?* I was about to call my husband when I saw a guy holding a sign with toilet paper taped to it that said, 'Don't poop out now.' I cracked up. There was a forest preserve officer [named Lou] standing there, too, and he said, 'Run down this road

and I'll meet you on the other side.' He got in his truck and escorted me the rest of the way. He had this button to change the street lights. At one point, Lou said, 'If you finish this, I'll run it next year.' He didn't believe I would. Lou messaged his sister, Carla, and she came running up to me with a half mile to go—I ran in with Carla, my husband, and my daughter. It was the best finish ever. Even the poop-sign guy was there! And I wasn't even last—there were two guys behind me! Lou went so far out of his way for me that day; I will love that man for the rest of my life. And now he's running—he wasn't a runner before, but he's done two half marathons since then. His wife said to me, 'You wouldn't believe the change in him.'"

After finishing DFL...



HE FOUND HIS TRUE CALLING

Ryan Hall, 32, pro marathoner, Flagstaff, Arizona. Finishing last on the track revealed his talent for the marathon.

■ "It was the 5,000-meter race at the 2006 London Grand Prix—the field was stacked with world record holder (then and now) →

THE
final
WORD

VIA FACEBOOK I was last in a 5K a couple years ago. I had started getting sick because (1) my mother had cooked beef stew for lunch and I ate it because I didn't want to hurt her feelings, and (2) it was an early afternoon race, in September, in Georgia. Yeah, heat and a big meal wasn't a great combo on race day. **MANDY STEPHENS**
HOWARD, 42, BETHLEHEM, GEORGIA

Kenenisa Bekele, and top Americans like Bernard Lagat and Adam Goucher. The pace was hot early and I was off it quickly. Guys all around me were dropping out. By the time I hit 100 meters to go, the race was over and I was getting the dreaded pity clap. I remember thinking, *I can't believe I'm getting the pity clap*. The humiliation made me take a good look at my running abilities [in short vs. long distances]. The following January, I ran 59:43 in the Houston Half Marathon. None of my successes would have happened if I hadn't gotten last."



SHE PAID THE LOVE FORWARD

Beth Salinger, 47, race director, Chicago. Established the "Tunnel of Love" for last-place finishers of the Hospital Hill Run.

■ "In August 2000, I had a gastric bypass, lost 100 pounds, and the following May, did a triathlon. I finished dead last. I was so proud of myself that I didn't care—a year prior, I couldn't run a mile. At the finish line, I had a crowd of 30 people cheering. All my Team in Training teammates were there. I felt like a total rock star. I want the last person at the Hospital Hill Run to get that same superhero finish, so we have 'heroes' that accompany our last →

THE
final
WORD

@BeTheRunner: 1st race (6th grade): 880y. Had to hear the announcer say: "Hold on everyone, there's still ONE MORE RUNNER on the track!"



NO PITY

IT TAKES A LOT OF COURAGE
TO RUN A SUCKY RACE

By Lauren Fleshman

I'M GOING TO TELL you a story. It's about the 2012 Olympic Trials, where I finished last.

Less than 10 months earlier, I had emerged from the dark underground tunnels of the 2011 World Championships stadium to the blinding lights of a stadium filled with 66,000 spectators. My sweaty body shivered with the enormity of it. A Japanese athlete behind me cried from the stress as the women's 5,000-meter field marched around the track to our starting line. I had my act together. Sure, it was scary, but I was going to fight for a medal I had no business winning, and I wasn't afraid of failing. I came away with seventh that night, pumped. I had been brave, just not strong enough yet to crack the top three. Next year, the Olympic year, I would finally have all the pieces in place at the right time. After missing out on qualifying for three Olympics, I was perfectly poised at last. Twelve months and four more people, and I win a medal: 2012 was finally going to be my year.

And then I ran the New York City Marathon in November 2011. It was dumb in retrospect, but at the time I felt invincible. I was going to do it as a training motivator, giving me a block of long tempo runs that I felt I needed for the big year ahead. It would be an experience. I could make some play money that doesn't exist in track. I'd be undertrained (for an elite) but would get to see what all the marathon fuss was about, just for fun, before diving into the Olympic year. How could I lose?

Breaking my IT band, that's how. Three weeks before the marathon.

Had I known that my IT band would take a year to heal, I would have withdrawn from the marathon, rather than race through it to a 2:37. I would have missed out on becoming friends with Paula Radcliffe and seeing Meb handle his most humbling race with grace. I might

have gotten healthy faster, but sometimes you just get hurt, and it sucks for a year. But one thing is for sure, I wouldn't have gone on to have the most life-affirming race of my career at the Olympic Trials. Yes, the one where I finished last.

AS WITH MOST INJURIES I've had, I didn't think it was that serious at first. I went to see pro athlete guru Dr. John Ball near Phoenix for a week to loosen things up, and then took the month off to rejuvenate. It didn't go away.

All I could do pain-free was short sprints. I went back to Dr. Ball, who said my IT band was significantly screwed up, and came home with exercises and a glacially-slow-return-to-running plan.

It didn't go away.

Any more than two minutes of running and my knee had stabbing pain. The bike hurt. The ElliptiGo hurt. Aqua jogging hurt. The only cross-training that didn't hurt was organized drowning, otherwise known as swimming. I tried cortisone injections, acupuncture, Reiki, cursing. I patched together whatever I could do pain-free, which was a bunch of run/walk workouts adding up to no more than 15 to 20 minutes every other day. Pretty soon it was April and the Olympic Trials were two months away. Sprint, swim, sprint, swim. Ain't nobody gonna find that program recommended in a 5K training book.

I had a choice. Call it quits and save face? Or continue with the bizarre training and race the Olympic Trials anyway?

There was zero chance I was going to make the Olympic Team at this point. I was running 10 miles a week. The best runners in the country were running 70 miles a week or more. I had been the best before, I knew what it took, and I wasn't even close. So why did a small part of me still want to race?

Well, to start, I had earned a lane. Who knew if I'd ever qualify for the Olympic Trials again? The scientist in me couldn't help wondering, *How fast could a person run a 5K off of 10 miles a week of sprinting and a bunch of swimming?* But the other part of me was like, **NOOOO! FLEEE!** All people care about in pro sport is winning. *You've fallen so far, you'll look like a fool.*

But one thing kept coming back to me: The Journey. That cheesy stuff of Instagram posts and refrigerator magnets. I had been preaching, writing, and speaking to anyone who would listen that the reason we set big goals isn't to achieve them but to set ourselves on a road trip toward them, and that trip is where all the good living is. And now I was about to light my campervan on fire and walk away?

So it was decided. I asked my hard-ass British coach if he would be interested in creating the most unusual 5K training plan ever, and he said “Of course, luv. Of course.” That’s not to say there weren’t several moments where I freaking lost it. Moments where I walked away from a disastrous track workout feeling humiliated and insane. Moments where I lay in bed staring at the ceiling in the dark, crying and feeling betrayed by fate. But most of those moments were because I was afraid of failing in a very public way. I was feeling sorry for myself in advance because I believed shame was coming.

Those moments were awful, but they reinforced that I absolutely had to do it. I would think, *This is the very thing that holds people back from trying things. From having experiences. This fear that failing makes you a failure.* In our core, we want to believe that trying matters, regardless of the outcome. That having the courage to see things through to their mysterious ends is worthwhile. That fighting well with what you have is enough.

THE NIGHT BEFORE my Olympic Trials 5K prelim race in June in Eugene, Oregon, I was having second thoughts, and as is my custom in trepidatious times, I wrote a blog. I explained my situation, setting

the expectations for my fans to let them know that even though they were used to seeing me fight for the podium, just qualifying for the final of the 5K would be a massive accomplishment this time around, and that even that was a reach. I told them that I was running because I believed having the courage to try when you’re less than your best is important, and if people agreed, to hold up a “C” from the stands when I came out for my race, and I’d give them a wink.

As soon as I hit “publish” I thought, *Oh God, that’s so cheesy, nobody is going to do that. You’ve really lost it.* But it was 11, and I figured nobody would see it.

As the official led us toward the track in a neat line organized by lane number, I wasn’t scared. I wasn’t nervous. I had one job: Do my best. Nobody else mattered. It dawned on me, ironically, that this exact attitude would have made me unbeatable right now if only I had the fitness behind me. Note to self for next time.

We walked through the side gate and began the customary 200-meter walk in lane eight toward the 5,000 meter start; I took a deep breath and consciously relaxed my shoulders as the sight of the crowd raised the tempo of my heart. Someone yelled my name from the bleachers. A group of people were wear-

ing Picky Bars T-shirts and cupping their hands into a C. My heart beat even faster, and I waved. As we made our way along the fence, more and more people held up their hands. Friends from town; a team of women I met the day before from Seattle wearing fan shirts; a group of kids from a running camp; random individuals coming to their feet. They weren’t yelling, they were simply standing in solidarity, and I filled up so full I began to spill over. On the starting line I held up my hand.

I made the final in a tactical race that day, in a sprint finish, fittingly. When I charged into sixth place, every muscle

We set big goals not to achieve them, but to set ourselves on a road trip toward them. That’s where the good living is.

straining with a distance now foreign to me, the crowd roared as if I had won.

Three days later, I would race again in the final, where three women would become Olympians. I would not be one of them. I knew it in my heart and in my aching body, still in physical shock from the incredible ask a few days ago. I was not a trained machine like these other women. Not this time. I ran with lead legs and an empty tank, but I never once felt alone. My people were in the stands again, in force. Even when the pack broke from me with a mile to go and I drifted back into last place, I powered on, with a full-body grimace. Ghosts of old mind-sets floated around me, begging me to save face, and I battled with myself. Half a lap behind, I knew winning for me today meant finishing, and my silent tears mixed with sweat at the cruelty and beauty of it. With 200 meters to go, I was the only one still running, the other athletes long finished and clustered together in a different bouquet of emotions. That’s when the clapping started. *So this is what a “pity clap” feels like*, I thought, as my body clambered along ungracefully toward the finish, which finally I crossed with a mixture of relief and gratitude. But I didn’t hear pity in the sound, and I never will again.

Lauren Fleshman is a pro runner with Oiselle, cofounder of Picky Bars, and coauthor of the recently published *Believe Training Journal* (Velo Press). For more, go to runnersworld.com/laurenfleshman.



finisher in. Heroes carry cell phones so we know who the runner is, his or her story, and when he or she will approach the finish line. When I get the call, I tell all the volunteers, spectators, and participants, 'We're putting together the Tunnel of Love. Please make your way down here.' Not one sign or banner can be taken down. When he or she comes in, it's like this puddle of love. One year, our final finisher was a gal who had started out by walking our 5K when she weighed 300 pounds. She got a medal, thought, *Wow, this is cool*, and the next year she signed up for the 10K. The next year she did the half. When she came through the finish with our hero, we were all bawling."



HE HAD A CHANGE OF HEART

Staff Sergeant John Brittain, 35, U.S. Army National Guard recruiter, Indianapolis, Indiana. Driving a sweep vehicle gave him a new perspective on why people run.

■ "I was driving an open-air vehicle for the 2013 Carmel Marathon [in Indiana]. About mile 19, I came upon a woman who looked really tired. I was about to tell her to move to the sidewalk when something told me to leave her alone. Her family and friends were holding signs and when

she'd pass, they'd run up, put their arms around her, walk with her a bit. It was so cold and so miserable, but I just followed her in. As she crossed the finish, she pointed to the heavens. Part of me was thinking, *Oh, thank God, that's over*. She turned around and called me over and said, 'Thank you so much for letting me finish. I'm a recent cancer survivor and my dream was to finish this race.' I get goose bumps just thinking about it. She just kept saying, 'Thank you, thank you.' I'm a runner myself, and I used to be kind of judgmental. I'd see people running and think, *Man, that person really needs to pick up the pace*. Now I think, *That's awesome, good for them*." →



THE
final
WORD

VIA FACEBOOK I was 11 and ran my first 10K in Mammoth Lakes. The race was sponsored by McDonald's and ended at the restaurant. I was dead last. About a quarter mile from the finish, Ronald McDonald came slapping up in those big shoes. He ran me in to the

finish, with everyone watching and clapping. I was mortified. He turned to shake my hand, and I leaned over and puked on those big shoes. But I won the women's under-13 division because I was the only one!

SARA LABATT, 40, ALAMEDA, CALIFORNIA



NOTABLE NUMBERS

By (way) back-of-the-packers

3:48:42 Slowest recorded women's Olympic Marathon time Set by Otgonbayar Luvsanlundeg of Mongolia at the 2004 Olympics in Athens. Luvsanlundeg has since competed in several world championships and the London Olympics in 2012 (and set her PR of 2:39:50 in 2011).

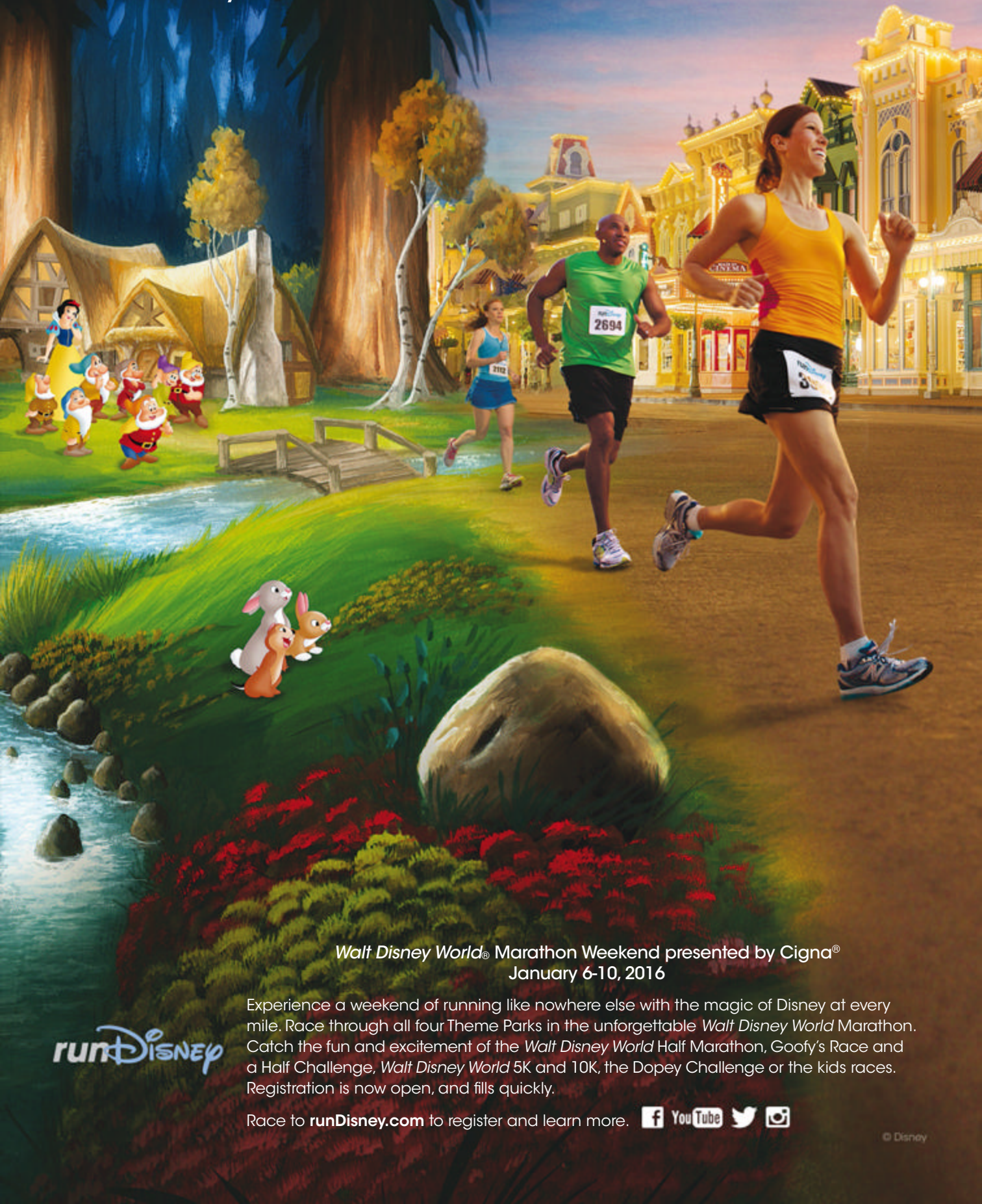
4:24:17 Slowest recorded men's Olympic Marathon time Abdul Baser Wasiqi of Afghanistan had a 2:30 PR coming into the 1996 Atlanta Games, but injured his hamstring before the event. When he reached the finish, volunteers were setting up the closing ceremonies.

37:15:00 Slowest marathon by a woman It took Zoe Koplowitz, who has multiple sclerosis, over a day and a half to complete the 2013 New York City Marathon on her crutches.

26 days Slowest marathon by a man Englishman Lloyd Scott, then a fundraiser for a children's charity, crawled the London Marathon course in 2011 dressed as a giant snail to raise money.

54 years Most delayed finish...ever Shizo Kanakuri of Japan nearly overheated in the 1912 Olympic Marathon in Stockholm, Sweden. After the 30K mark, he dropped out. Officials weren't notified, and he became known as "the missing marathoner." After a journalist found him in 1967, the Swedish National Olympic Committee invited Kanakuri, then 76, to finish—he ran from the final turn into the stadium. His official time? 54 years, 8 months, 6 days, 5 hours, 32 minutes, and 20.3 seconds.

There's only one race like it in the world. And it's in our World.



Walt Disney World® Marathon Weekend presented by Cigna®
January 6-10, 2016

Experience a weekend of running like nowhere else with the magic of Disney at every mile. Race through all four Theme Parks in the unforgettable *Walt Disney World* Marathon. Catch the fun and excitement of the *Walt Disney World* Half Marathon, Goofy's Race and a Half Challenge, *Walt Disney World* 5K and 10K, the Dopey Challenge or the kids races. Registration is now open, and fills quickly.

Race to runDisney.com to register and learn more.



runDisney

© Disney



THE
final
WORD

VIA FACEBOOK In my first 10K, I was DFL! The funny thing was that I wore a shirt that said, "Don't be last" on the back. The local law enforcement agency

was behind me. After the race, the cop found me, and said he had to find me because of my shirt! **CHRISTINE KELLNER LINDBLAD**, 50, BOCA RATON, FLORIDA



THEY BECAME AN INTERNET SENSATION

Claire and Chloe Gruenke, 14, New Baden, Illinois. After Chloe collapsed in the 800 meters at the state middle-school championships, Claire carried her twin on her back for 350 meters to the finish. The May 2014 photos of them went viral. **Chloe:** "On the back straightaway of the first lap I felt something in my leg move or pop. About 50 meters into the second lap, I went down. Claire came up to me and said, 'You have to finish this.'"

Claire: "I just kind of acted in the moment. The 800 was the only race Chloe went to states in. It was her race; I really wanted her to finish. She'd been working the whole track season, since like February, for that race. I put her on my back and at first I ran, but then I realized I couldn't really do that. At one point I was like, *Am I really going to be able to finish this?*"

Chloe: "She set me down in front of the line and we finished together."

THE
final
WORD

@FoFo_foShoSho: I was 2nd to last in a race, and the coach of the girl behind me shouted, "Just drop out, you're losing." She did just that, and I lost!



HE MADE HIS COUNTRY PROUD

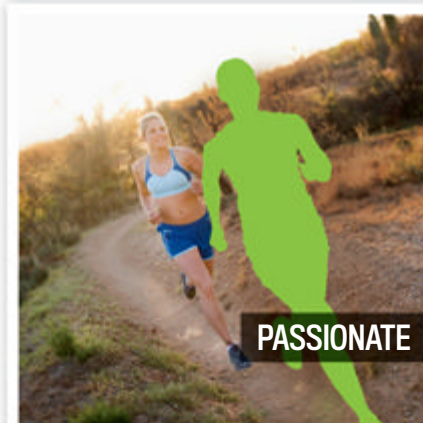
John Stephen Akhwari, 77, farmer and Olympic marathoner, Tanzania. Despite a disastrous day on the world's biggest stage, he refused to give up. "When I arrived in Mexico City for the 1968 Olympics, I was afraid of nothing. But I wasn't prepared for the altitude; my country had sent me to train at sea level in Dar es Salaam [in Tanzania]. I was leading until the 30K mark, when I suddenly felt dizzy. I fell and blacked out. I have

no idea how much time I lost. When I woke up, the medical team was treating me. They asked me to get in an ambulance, but I refused—I just started running and walking. I was in a lot of pain and was bleeding; I had injured both knees and torn several tendons. But I did not care; my main mission was to finish. I finished in 3:25:27. I spent the next two weeks being treated for altitude sickness. When I'd left for Mexico, I'd told everyone my mission was to do well for my country, Tanzania, no matter what. I kept that promise."



HE KEEPS ON RUNNING

Harrison Hensley, 82, retired, Pinckney, Michigan. To all you would-be weenies, he'd like you to know: Coming in last is a win. "Someone's gotta be last. [Being last] doesn't bother me a bit. Eventually, everyone slows down. I think those guys who quit instead of dealing with getting slower are weenies. That's what I call them. I'll sacrifice my race if I see someone struggling. I'll slow down and we'll run together. Not so much with men—they're macho and don't appreciate it—but I'll slow down and help women if I see them struggling. Everybody needs help sometimes to get through it, and I don't look down at anyone who shows up for a race. I'll be 83 in August. I'm vertical, I'm ambulatory, my peepers are open, so I'd say I'm on top of the pile. If I have to stop running, I'll do what I hate doing: walk. But I won't quit." 🏃



WE'RE SEARCHING FOR **AWESOME!** DOES THAT SOUND LIKE YOU?

ENTER NOW and tell us your story (or that of a runner you know). You could be on the cover of the December 2015 issue of *Runner's World*!



presented by



TAG Heuer
SWISS AVANT-GARDE SINCE 1860

with support from



RUNNERSWORLD.COM/COVERSEARCH ENTER NOW!

NO PURCHASE NECESSARY TO ENTER OR WIN. Void where prohibited. Contest entry period runs 5/4/15–7/22/15. Must be 18 or older and a legal resident of 49 U.S. or DC (excludes AZ, PR & CAN). For Official Rules, go to <http://covercontest.runnersworld.com/rules>. Winners selected based on entries that best depict and describe the Running Personality Criteria, community votes, and interview. Administrator/Sponsor: Rodale Inc., 400 S. 10th St., Emmaus, PA 18098-0099.

Big Sur[®] *International Marathon*

Big Sur to Carmel, CA

APRIL 24, 2016

**2016 Marathon Lottery
opens
July 15, 2015**

BSIM.ORG

Dole

asics

**#BigSurMarathon
@BSIMevents**

RUNNER'S WORLD

G
ENDURANCE

RACES+PLACES

TIPS, TRENDS,
and MUST-RUN
EVENTS

Costumes—
and serious
competition—
abound at this
small-town mile.



THE INDEPENDENCE DAY MAIN STREET MILE

July 4, Cornwall, New York
cornwall4th.org

VISIT GEORGE

Our first president's headquarters for the final year of the Revolutionary War were in nearby Newburgh. Today that space is a museum that hosts reenactments. nysparks.com

In 1999, the picturesque Hudson Valley town of Cornwall, New York, added a mile race to its Fourth of July celebration, which already included a historical pageant, pie-eating contest, parade, and fireworks. Since then, the race has become a central part of the day, drawing families, first-time racers, and speedsters looking for competition. The town's top-notch high school track team brings plenty of sub-five-minute heat to the 100- to 200-person field, and sub-elite members of the local running community throw down some serious duels. The best part? It all happens in the middle of a daylong, town-wide party. Here's what some of last year's milers love about the event. ➔



● COMMUNITY SUPPORT

"July 4 is the biggest day of the year for Cornwall—all the businesses have tents set up, bands are playing, there's a craft fair—and the race is in the middle of it all. Most years, my whole family runs it. Spectators turn out to see the little kids running their first race, but they cheer for everyone. It's not all chummy, though: Last year I had to hold off some guys in their 30s [to win in 4:26]."

—AIDAN DOYLE, 18, CORNWALL-ON-HUDSON, NY

● COMPETITIVE DRAW

"The course has a one-percent downhill grade, so if you're smart, you can have a really fast mile. A lot of girls who ran cross country [in high school] come back every year. In 2013, a woman came from out of town and won in 5:04—she was 10 or 20 seconds ahead of me. Last year, my track teammates were the ones to beat. I didn't take it easy [to win in 5:22]. Four females ran sub-6:00."

—DARA CUFFE, 18, CORNWALL-ON-HUDSON

● UNIQUE DISTANCE

"If you're a miler, it's one of the only races around. I've always loved the mile, but at age 80, I've found it's even more attractive. The few runners I know who are my age sometimes don't enter because they think their neighbors will kinda smile at the older people running the mile with the little kids. For me, if they're sitting on the curb and I'm running, I'm very happy. I won my age group [in 9:35]."

—JAMES DUGAN, 81, CORNWALL, NY

● FESTIVE FEEL

"I love runs that are focused around a holiday, so I'm happy to come into town for this one. People dress up—I wore red, white, and blue. And it's such a big, happy crowd along the route, especially at the finish. I knew how much I was going to eat and drink as the day continued, so I was glad to get in some exercise before my family's barbecue."

—LAURA PECHFELDER, 37, RAMSEY, NJ

● A KID-FRIENDLY CHALLENGE

"Both of my sons ran this mile with me. For each of them, it was their first race, and it decided their directions [as athletes]. When my younger son first ran it five years ago, he was 7 and outran his older brother. Last year, he came in ninth [5:19]. After getting beaten by his younger brother, my older son stopped running and took up fencing."

—JEFF SMALL, 49, CORNWALL-ON-HUDSON

ROASTS AND TOASTS

While the 2 Alices Coffee Lounge on the parade route specializes in caffeine—it was voted the Hudson Valley's best cup of coffee in 2013—it offers a diverse selection of craft beers and wine as well. 2alicescoffee.com



Ask a Pro Three-time Fifth Avenue Mile winner and two-time Olympian Jenny Simpson shares tips for racing short.

Do I need to warm up differently for a mile race?

On top of what you'd usually do for, say, a 5K, make sure to get in several hard 30-second pushes as close to the start time as possible. You need to shock your body and brain with running that's close to your race pace because you'll be going out pretty hard. When you toe the line, you should feel worked up, with an elevated heart rate and a little bit of sweat.

How do I pace myself for a road mile?

The mile is not a sprint; the pacing principles that you use for a 5K or 10K are the same, just condensed. Go out conservatively enough that you can pile on the effort at the end. It's only in the last 30 seconds of any race that you want to put in your sprint finish. On the road, go all out when you're about two blocks away.

What tactics can help me run my best in such a short race?

It's motivating to be near people you can race against, so try not to get so far away from other runners that you're out of touch. In the second half of the race, start picking people off, one by one, until the final kick.

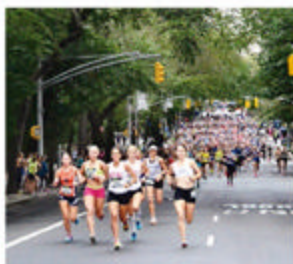
Jenny Simpson lives and trains in Boulder, Colorado, and has a road mile PR of 4:19.3.

Make It a Mile Register now for one of these short, speedy races.

FIFTH AVENUE MILE

A 20-block stretch on Manhattan's Fifth Avenue is closed to traffic each year for this straight shot down the east side of Central Park. Stay for the elite races, which typically include top American and international milers.

September 13, New York City
nyrr.org



SUMMER SERIES 1 MILE AND SNEAUX CONES

All finishers at this monthly time trial on a wide road receive a free snow cone from the Snow Biz stand next to the finish line. For only five bucks, you'll get a bib and a sweet, frosty cooldown.

August 26, Lafayette, Louisiana
cajunroadrunners.com

FIRECRACKER MILE

Thousands line the flat, straight course to cheer on runners and secure their spot for the post-race Fourth of July parade. Male and female winners earn \$300 each—\$1,000 if they break 4:00 and 4:30, respectively.

July 4, Clawson, Michigan
clawsonruns.com

PROMOTION



YOU LOVE *RUNNER'S WORLD*

**NOW
LIVE IT**



**Be part of the magazine you love.
Join us at a race and festival
unlike any other.**

Everything you love about this magazine comes to life at the *Runner's World* Half & Festival in Bethlehem. It's more than a race; it's a celebration of running, with just the right mix of competition, information, and family fun. Highlights include:

5-K, 10-K, Kids Run, and Dog Run

**Half-Marathon
(followed by a finish festival)**

**Eye-opening seminars
on all things running**

Running shoe lab

Great live music and food

Bethlehem, PA. October 16-18, 2015

Register today at RWHALF.COM





COOL COURSE

Bearfest Half Marathon

THE HIGHLIGHT The wild and wonderful spectators

Runners have spotted eagles, orcas, sea lions, and a few (distant) black and brown bears from the coastal Alaskan roads of this course. The race takes place in Wrangell, a small town on a chain of islands in the southeast region of Alaska.

The rolling out-and-back route follows the Gulf of Alaska Inside Passage on the island's west side, where locals—human and animal—come out to watch.

July 26, Wrangell, Alaska, alaskabearfest.org

WESTERN CHARM

Bucket of Blood Half Marathon

In 1886, a gunfight erupted at a saloon in the frontier settlement of Holbrook, Arizona, leaving “buckets of blood” on the floor and earning the establishment a new nickname. Organizers borrowed the name for this rolling, looped half marathon, which starts in front of the old courthouse (opened in 1898) and continues onto Route 66.

July 11, Holbrook, Arizona, facebook.com/bobraces



SWEET DEAL

Brain Freezer 5K

Halfway through this rolling loop, runners stop to scarf an entire pint of Ben & Jerry's ice cream outside the company's flagship Scoop Shop, 30 minutes from its Waterbury, Vermont, world headquarters. Those who continue before the carton is empty aren't eligible for awards.

July 11, Burlington, Vermont
brainfreezer5k.com



THE PODIUM

Three feats to cheer ● At Boston's BAA 5K on April 18, Ben True and Molly Huddle set new American road 5K records (13:22 and 14:50, respectively). The previous men's record was set in 1996; the women's, in 2002. ● On a 90-degree day, Jeff Creighton, 51, collapsed four times at California's Catalina Island Marathon. He still won, becoming the race's oldest champion. ● Ryan Ping and his 11-year-old daughter, Grace, were the overall winners of Minnesota's Fools Five Road Race (an 8K) for the second year in a row. Ryan finished in 29:10; Grace, in 31:34.



TRENDING

It's All Downhill From Here

You have six months to crush your 2015 goals—let gravity help you get there.

SUPERIOR INDEPENDENCE MILE

This straight-shot course (above) on a road outside Boulder, Colorado, is ineligible for USATF records because of its net descent (more than 200 feet).

July 4, Superior, Colorado
flatironsrunning.com

VININGS DOWN HILL 5K

A significant chunk of the 280-foot net decline on this course happens in the first mile down a residential hill called Mount Wilkerson. Runners cross the Chattahoochee River before a speedy downhill finish.

August 8, Vinings, Georgia
viningsdownhill5k.com

FREAKIN FAST MARATHON

Even though the course, which loses more than 4,000 feet of elevation over 26.2 miles, runs along Bogus Basin Road, it's still USATF certified and counts as a Boston Qualifier.

September 5, Boise, Idaho
freakinfastmarathon.com

BIZZ JOHNSON TRAIL EXPRESS HALF MARATHON

The race follows a packed dirt path in northeastern California. While you blaze down the 1,000-foot descent, take in the 1.2 million-acre Lassen National Forest and the Susan River, which you'll cross 10 times over wooden bridges during the second half of the race.

October 10, Susanville, California
coastaltrailruns.com

THE RUNDOWN

inside the runner's world



BUSY IN BEANTOWN

The RUNNER'S WORLD team traveled to Boston in April to celebrate running at a variety of special events, activities, and, of course, the 119th running of the **Boston Marathon**.

On Thursday April 16, RUNNER'S WORLD Publisher **Molly O'Keefe** and Shoe Editor/Running Times Editor-in-Chief **Jonathan Beverly** were among those who attended the world premiere of the **Saucony-produced movie *Run Free: The True Story of Caballo Blanco*** at the Revere Hotel. Following the screening, Beverly sat in on an expert panel prior to the RUNNER'S WORLD-sponsored after-party.

On Friday, **Deena Kastor**, RUNNER'S WORLD Chief Running Officer **Bart Yasso**, and Editor-in-Chief **David Willey** led runners on a three-mile **shakeout run from the ASICS store** along the Charles River. A few hours later, **Willey**, Editor-at-Large (and 1968 Boston Champion) **Amby Burfoot**, TCS NYC Marathon Race Director **Mary Wittenberg**, and RUNNER'S WORLD Senior Content Editor **Scott Douglas** convened at the Old South Church to celebrate Meb Keflezighi in front of a near-capacity crowd. Meb and the panel discussed his new book ***Meb for Mortals*** and talked poignantly about the life and career of the man who is a true legend in distance running.

The weekend didn't mean the RUNNER'S WORLD crew could relax. At the **John Hancock Health and Fitness Expo**, runners lined up to get their photo on the cover of RUNNER'S WORLD as a preview of **#RWcoversearch**. Those who stopped by the booth could check out **Jabra's** bluetooth ear buds or sample **Pure Protein's** latest bar offerings, while in Room 200, the **RUNNER'S WORLD Seminar Series presented by GNC** was watched by hundreds of runners getting advice from experts, legends, and past champions.

Saturday night at the Boston Marathon means the running industry heads to Lucca Back Bay for the **RUNNER'S WORLD party**. **Willey** and **O'Keefe** congratulated Brooks' **Dave Larson** on his retirement and posed for photos with legends like "**Boston Billy**" **Rodgers** as hundreds celebrated the sport.

On Sunday morning, the Mayor of Running, **Bart Yasso**, once again took the lead for another beautiful **shakeout run** by the river, this time with the help of **Lands' End** and their new line of running apparel.

Race morning meant an early start for some to get to the starting line in Hopkinton, for others a chance to cheer on their friends, family, and colleagues as they turned down Boylston to reach the finish line of the Boston Marathon.



1) From left to right: David Willey, Amby Burfoot, Meb Keflezighi, Scott Douglas, and Mary Wittenberg before the *Meb for Mortals* event. 2) A host of runners joined elite runner Deena Kastor and Bart Yasso, Elizabeth Comeau, Kathleen Jobes, and other RUNNER'S WORLD staff at the ASICS Shakeout Run. 3) Past Boston champions from left to right: Jack Fultz (1976), Greg Meyer (1983), Sara Mae Berman (1969-71), Lisa Larsen Rainsberger (1985), Amby Burfoot (1968), and Bobbi Gibb (1966-68) joined Bart Yasso for a chat at the RUNNER'S WORLD Seminar Series presented by GNC. 4) The view of the RUNNER'S WORLD Lands' End Shakeout Run as the group ran along the Charles River. 5) Molly O'Keefe, David Willey, Amby Burfoot, 1972 Champion Nina Kuscsik, Bart Yasso, and four-time Boston champion Billy Rodgers (1975, 78-80) at the RUNNER'S WORLD party. 6) After the premiere of *Run Free: The True Story of Caballo Blanco*, Running Times Editor-in-Chief Jonathan Beverly, the film's executive producer Maria Walton, the movie's director Sterling Noren, and Saucony's Sharon Barbano discuss the documentary.

RUNNER'S WORLD

2014 ASME NOMINATION FOR GENERAL EXCELLENCE

FOUR-TIME ADWEEK HOT LIST WINNER
14 BEST AMERICAN SPORTS WRITING SELECTIONS
PEOPLE'S CHOICE WEBBY WINNER
AD AGE MEDIA VANGUARD WINNER

THE INSIDETRACK

for more events + promotions
runnersworld.com/insidetrack

Stay Salty My Friends



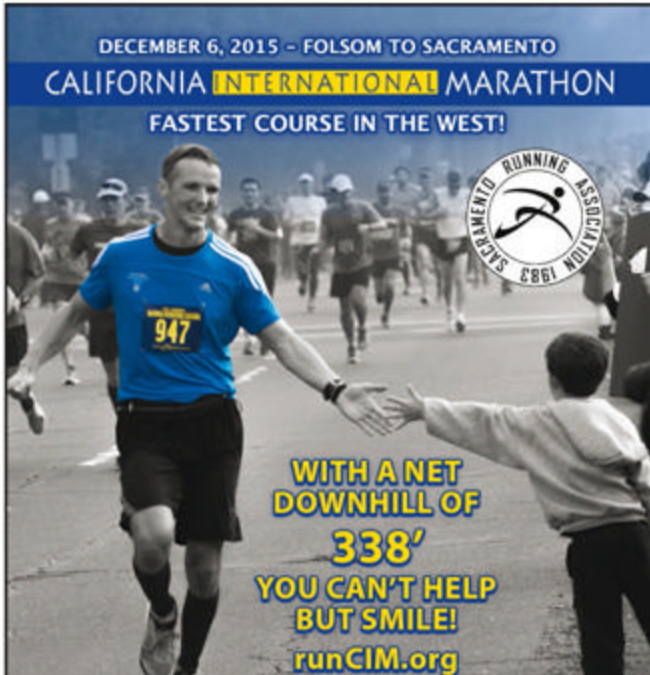
CRAWLIN' CRAB 1/2 MARATHON & 5K *Craft Brew Fest*



HAMPTON, VIRGINIA | OCTOBER 3-4, 2015 | crawlin crabhalf.com



DECEMBER 6, 2015 - FOLSOM TO SACRAMENTO
CALIFORNIA INTERNATIONAL MARATHON
 FASTEST COURSE IN THE WEST!



**WITH A NET
 DOWNHILL OF
 338'
 YOU CAN'T HELP
 BUT SMILE!**
runCIM.org

"One of the fastest,
 if not **THE FASTEST**,
 courses in the country!"
 - Bart Yasso

"Top 10 Marathon for
 2015" - Runner's World
 Magazine



Williams
ROUTE 66 MARATHON
presented by BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

**TULSA, OKLAHOMA
 NOVEMBER 21-22, 2015**



**FREE JACKET FOR MARATHON &
 HALF-MARATHON PARTICIPANTS!**

MARATHON | HALF-MARATHON | MARATHON RELAY
 5K RUN AND WALK | FUN RUN AND WALK

REGISTER TODAY AT ROUTE66MARATHON.COM



**DAYTONA BEACH
 1/2 Marathon
 2.7.16**



**RACE FROM THE
 SPEEDWAY TO THE
 BEACH AND BACK!**

REGISTRATION OPENS ON JULY 1, 2015

DAYTONABEACHHALF.COM

SEPTEMBER 20, 2015

**SANTA FE
 THUNDER**
Half Marathon

**PRESENTED BY SPORTS
 AUTHORITY.**

A 1,000' NET DROP, IN AN ENCHANTING LAND



www.santafethunder.com

A RUNNING FESTIVAL WITH LAGNIAPPE



The Louisiana Marathon, Half Marathon, Quarter Marathon, 5K & Kids Marathon

JANUARY 15-17, 2016

BATON ROUGE, LA

Contact: Danny Bourgeois

721 Government St., Suite 103, Box 295,

Baton Rouge, LA 70802

(888) 786-2001 danny@thelouisianamarathon.com

www.thelouisianamarathon.com

WILL YOU RUN THIS BEACH?



Myrtle Beach Mini Marathon - Half Marathon, Coastal 5K & Doggie Dash

OCTOBER 17-18, 2015

MYRTLE BEACH, SC

info@runmyrtlebeach.com

www.runmyrtlebeach.com

Save \$10 - Use RWMBJULY15 (Exp. 7/31/15)

RUN HARTFORD



Eversource Hartford Marathon, Half Marathon & 5K

OCTOBER 10, 2015

HARTFORD, CT

Contact: 41 Sequin Dr., Glastonbury, CT 06033
(860) 652-8866 info@hartfordmarathon.com

www.hartfordmarathon.com

NORTH ATLANTIC

OCT 17-18 - Amerihealth NJ AC Marathon, Half Marathon, 10K & 5K

Atlantic City, NJ

Contact: It's Cooler at the Shore!,

501 N. Jerome Ave., Margate, NJ 08402.

(609) 822-1167

acmarathon@jccatlantic.org

www.acraceseries.com

Fast, Flat Boston Qualifier.

JUN 13, JUL 11, AUG 8 - Shoe House 5 Miler Series

York, PA

Contact: Toni Arbogast,

1405 Williams Road, York, PA 17402.

(717) 266-2227

toni@usroadrunning.com

www.usroadrunning.com

AUG 8 - Clearfield YMCA Fair Fun 5K Run/Walk & 100M Dash

Clearfield, PA

Contact: Vanessa Snyder,

21 N. Second St., Clearfield, PA 16830.

(814) 765-5521

vj182006@hotmail.com

www.clearfieldymca.net

SEP 6 - Mt. Nittany Marathon to benefit the Mount Nittany Conservancy

State College, PA

Contact: John Hook,

P.O. Box 334, State College, PA 16804.

(814) 404-5314

john@mtnittany.org

www.mtnittany.org/marathon/

SEP 20 - Navy Air Force Half Marathon & Navy 5 Miler

Washington, DC

Contact: Joint Base Anacostia Bolling MWR,

12 Brookley Ave., Washington, DC 20032.

navyairforcehalfmarathon@gmail.com

www.navyairforcehalfmarathon.com

OCT 4 - Divas® Half Marathon & 5K in Long Island

East Meadow, NY

Contact: Continental Event & Sports

Management,

P.O. Box 56-1154, Miami, FL 33256-1154.

info@runlikeadiva.com

www.runlikeadiva.com

Save 10% - Use RWLIJUL15 (Exp. 7/31/15)

OCT 4 - OctoHalf Half Marathon

Hatfield, PA

Contact: ACT Sports Management,

P.O. Box 488, Lionville, PA 19353.

(610) 308-3993

info@octohalf.com

www.octohalf.com

SOUTH ATLANTIC

SEPT 12 - Divas® Half Marathon & 5K in Peachtree City

Peachtree City, GA

Contact: Continental Event & Sports

Management,

P.O. Box 56-1154, Miami, FL 33256-1154.

info@runlikeadiva.com

www.runlikeadiva.com

Save 10% - Use RWPTCJUL15 (Exp. 7/31/15)

SEPT 25-26 - Divas® Half Marathon & 5K in DC's Wine Country

Loudoun County, VA

Contact: Continental Event & Sports

Management,

P.O. Box 56-1154, Miami, FL 33256-1154.

info@runlikeadiva.com

www.runlikeadiva.com

Save 10% - Use RWDCJUL15 (Exp. 7/31/15)

SEP 26 - Whistletop Half Marathon, 5K & 1 Mile

Irondale, AL

Contact: Faye Yates,

2315 Eugenia Ave., Nashville, TN 37211.

(615) 415-3520

races@team-magic.com

www.team-magic.com

Part of Annual Whistletop Festival

OCT 10 - Historic Georgetown Bridge 2 Bridge Run Half Marathon, 12K, 5K & Kids Fun Run

Georgetown, SC

Contact: Laura Hutto,

P.O. Box 556, Georgetown, SC 29442.

(843) 240-3451

gtownbridge2bridgerun@gmail.com

www.bridge2bridgerun.com

5th Annual!

OCT 17-18 - Myrtle Beach Mini Marathon - Half Marathon, Coastal 5K & Doggie Dash

Myrtle Beach, SC

Contact: Continental Event & Sports

Management,

P.O. Box 56-1154, Miami, FL 33256-1154.

info@runmyrtlebeach.com

www.runmyrtlebeach.com

Save \$10 - Use RWMINIJUL15 (Exp. 7/31/15)

OCT 18 - 7 Bridges Marathon, Half Marathon, 5K & 1K

Chattanooga, TN

Contact: Ken Radley,

Coolidge Park.

(423) 400-6897

director@sceniccitymultisport.com

www.sevenbridgesmarathon.com

NOV 14 - Anthem Richmond Marathon, Half Marathon & 8K

Richmond, VA

Contact: Race Director,

100 Avenue of Champions,

Richmond, VA 23230.

(804) 285-9495

marathon@sportsbackers.org

www.richmondmarathon.org

NOV 14 - 36th Annual Chickamauga Battlefield Marathon, Half Marathon, 5K & Jr. Marathon (1 Mile)

Fort Oglethorpe, GA
Contact: Jenni Berz,
 P.O. Box 11241, Chattanooga, TN 37401.
 (423) 954-9262
marathon@chattanoogaclub.org
www.battlefieldmarathon.com

Boston Qualifier, 2015 RRCA Georgia State Championship

NOV 28 - Kaiser Realty By Wyndham Vacation Rentals Coastal Half Marathon & 5K

Orange Beach, AL
Contact: Faye Yates,
 2315 Eugenia Ave., Nashville, TN 37211.
 (615) 415-3520
races@team-magic.com
www.team-magic.com

Treat Yourself to Thanksgiving Beach Time

DEC 6 - Divas® Half Marathon & 5K in St. Augustine Beach

St. Augustine Beach, FL
Contact: Continental Event & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
info@runlikeadiva.com
www.runlikeadiva.com

Save 10% - Use RWFLJUL15 (Exp. 7/31/15)

DEC 12 - Rocket City Marathon

Huntsville, AL
Contact: Suzanne Taylor,
 2722 Carl T Jones Drive, Suite 2B,
 Huntsville, AL 35802.
 (256) 520-0768
suzanne@fleetfeethuntsville.com
www.runrocketcity.com

JAN 17, 2016 - Naples Daily News Half Marathon

Naples, FL
Contact: Perry Silverman,
 224 6th Ave. South, Naples, FL 34102.
 (678) 777-5622
psilverman@aol.com
www.napleshalfmarathon.net

NORTH CENTRAL

AUG 22 - Go Far Woman Half Marathon, Relay, 10K & 5K

Fargo, ND
Contact: Sue Knutson,
 405 W Main Ave., #1-D,
 West Fargo, ND 58078.
 701-371-5158
sue@gofarevents.com
www.gofarwoman.com

AUG 22 - Madison Mini-Marathon, Half Marathon, 5K & Kids' Run

Madison, WI
Contact: Sandra Chambers,
 16851 Southpark Dr., Suite 100,
 Westfield, IN 46074.
 (317) 354-7796
sandra@visioneventmanagement.com
www.madisonminimarathon.com

SEP 12 - Dick Beardsley Marathon, Half Marathon, 10K & 5K

Detroit Lakes, MN
Contact: Mark Knutson,
 405 W Main Ave., #1-D,
 West Fargo, ND 58078.
 (701) 238-1900
mark@gofarevents.com
www.dbmarathon.com
Inaugural Dick Beardsley Marathon - Take the Lake!

SEP 12 - Movie Madness Half Marathon

Columbus, OH
Contact: Toni Arbogast,
 3301 Lewis Center Road,
 Columbus, OH 43035.
 (717) 266-2227
toni@usroadrunning.com
www.usroadrunning.com

SEP 26 - Akron Marathon (Rubber City Race Series), Marathon, Half Marathon, Team Relay & Kids Fun Run

Akron, OH
Contact: Brian Polen, Race Director,
 453 S. High St., Suite 301, Akron, OH 44311.
 (877) 375-2786
info@akronmarathon.org
www.rubbercityraceseries.org

SEP 26 - Brewers Mini-Marathon & 10K

Milwaukee, WI
Contact: Bryn Winter,
 One Brewers Way, Milwaukee, WI 53214.
 (414) 902-4563
bryn.winter@brewers.com
www.brewersmini.com

SEP 27 - Women Run The Cities Race, Scenic 10 Mile, 10K, 5K Walk/Run & Girls' 1 Mile

Minneapolis, MN
Contact: Mary Anderson
 (651) 688-9143
info@andersonraces.com
www.womenrunthecities.com

OCT 17 - Fargo Mini Marathon, Half Marathon, 10K & 5K

Fargo, ND
Contact: Mark Knutson,
 405 W Main Ave., #1-D,
 West Fargo, ND 58078.
 (701) 238-1900
mark@gofarevents.com
www.fargominimarathon.com

OCT 17 - Waddell & Reed Kansas City Marathon with Ivy Funds, Marathon, Half Marathon, Team Relay & 5K

Kansas City, MO
Contact: Kansas City Sports Commission,
 114 W. 11th St., Suite 300,
 Kansas City, MO 64105.
 (816) 474-4652
register@kcmarathon.org
www.kcmarathon.org

OCT 17-18 - IMT Des Moines Marathon, Half Marathon, Relay, 5K & Kids Run

Des Moines, IA
Contact: Chris Burch,
 526 39th St., Des Moines, IA 50312.
 (515) 288-2692
info@desmoinesmarathon.com
www.desmoinesmarathon.com
Check out the I-35 Challenge.

SOUTH CENTRAL

JAN 15-17, 2016 - The Louisiana Marathon, Half Marathon, Quarter Marathon, 5K & Kids Marathon

Baton Rouge, LA
Contact: Danny Bourgeois,
 721 Government St., Suite 103, Box 295,
 Baton Rouge, LA 70802.
 (504) 669-1530
danny@thelouisianamarathon.com
www.thelouisianamarathon.com

A Running Festival with Lagniappe

MOUNTAIN PACIFIC

JUL 19 - REVEL Rockies Marathon & Half Marathon

Denver, CO
Contact: Race Director
 (720) 467-2188
rockies@runrevel.com
www.runrevel.com/rockies

AUG 16 - 38th Annual America's Finest City Half Marathon & 5K

San Diego, CA
Contact: Neil Finn Sports Management Inc.,
 6116 Innovation Way, Carlsbad, CA 92009.
 (760) 692-2900
info@afchalf.com
www.afchalf.com

Scenic Point to Point Course. The Premier San Diego Half Marathon - 38 Years Running!

SEP 12 - REVEL Big Cottonwood Marathon & Half Marathon Presented by Lexus

Salt Lake City, UT
Contact: Race Director
 (720) 467-2188
bigcottonwood@runrevel.com
www.runrevel.com

OCT 4 - Portland Marathon & Half Marathon

Portland, OR
Contact: Les Smith,
 200 SW Market St., Suite 1900,
 Portland, OR 97201.
 (503) 248-1134 or (503) 816-3777
lsmith@bullardlaw.com
www.portlandmarathon.org

Best NW Marathon & Swag; 58% Women; 8HR Timelimit; Top 10 Green & Best Marathon for First Timers; 85+ Entertainment Stations; Top 3 Medallion Style Medal 2010-2014. Use Discount Code RW7

OCT 9-11 - Emerald Bay Marathon & Lakeside Half Marathon; Cal-Neva Marathon & Nevada Half Marathon, Lake Tahoe Marathon & Emerald Bay Half Marathon, The Tahoe Triple Marathon, The Tahoe Trifecta Half Marathon, 4-Person Marathon Relay, 17-mile walk or run, 10K, 5K Pumpkin run, Kids Free Optimist Halloween Fun Run; 72-mile ultra Marathon, SUP, Kayak & Swim Races

South Lake Tahoe, CA
Contact: Les Wright,
 P.O. Box 20000, South Lake Tahoe, CA 96151.
 (530) 559-2261
 leswright@sbcglobal.net
 www.runtahoe.com

JAN 17, 2016 - Maui OceanFront Marathon, Half Marathon, 15K, 10K, 5K & The Free Cookie Fun Run

Lahaina, HI
Contact: Les Wright,
 P.O. Box 20000, So. Lake Tahoe, CA 96151.
 (530) 559-2261
 runmaui@gmail.com
 www.runmaui.com

INTERNATIONAL

OCT 16-18 - BMO Nesbitt Burns Prince Edward Island Run Only Marathon, Walk/Run: Half Marathon, 10K, 5K & Corporate/Team Relay

Charlottetown, Prince Edward Island, Canada
Contact: Amanda Vickerson,
 40 Enman Cres., Suite 216,
 Charlottetown, PE C1E 1E6.
 (902) 316-2299
 amanda@peimarathon.ca
 www.peimarathon.ca

NOV 8 - Athens Marathon, 10K & 5K, Original Historical Course

Athens, Greece
Contact: Apostolos Greek Tours Inc.,
 2685 S. Dayton Way #14,
 Denver, CO 80231.
 (303) 755-2888
 www.athensmarathon.com

Various Support Packages.

NOV 8 - Divas® Half Marathon & 5K in Puerto Rico

San Juan, Puerto Rico
Contact: Continental Event & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
 info@runlikeadiva.com
 www.runlikeadiva.com

Save 10% - Use RWPRJUL15 (Exp. 7/31/15)



• CONTINUED FROM PAGE 85

Halswelle, took the gold. Still, the U.S. track team so dominated that Olympics that *The Times* of London lamented, “Our men were as children beside the athletes of the United States.”

George’s superiority over Myers was fleeting. The pair met again for a three-race duel in 1886 in Madison Square Garden, where the American swept all three races amid capacity crowds while a brass band played “Yankee Doodle Dandy.” After the final race of the series—the mile—the *New York Herald* wrote, “Pandemonium seemed let loose, men by the hundreds jumped down from the boxes, smashing seats and chairs, and, like a great tidal wave, overflowed the center of the building.... The excitement continued for several minutes until the gas was extinguished, forcing everyone out of the building.”

With his first duel, Myers announced the arrival of the American runner on the global stage. With his final match, he signaled Americans’ ascent to the top.

IN THE FOLLOWING DECADES, George worked as a coach and groundsman for the Mitcham Athletic Club, near London. In 1937, when Sydney Wooderson set a mile world record in England, the former miler, now a lean, stooped old man in a brown three-piece suit, was present to shake his countryman’s hand. That same year, as George celebrated his 50th wedding anniversary, King George VI himself sent warm wishes. Today, a bronze plaque marks the runner’s birthplace in Worcester, where you can still buy a commemorative Walter George plate.

There is no such lingering celebrity for Lon Myers. For the man who legitimized the sport of track and field in America, who galvanized audiences with record-setting, often theatrical performances, who heralded the emergence of a young country as an athletic powerhouse, there are no plaques, statues, or shrines. The Manhattan Athletic Club didn’t last long enough to perpetuate his memory, having shut its doors in 1893 after losing

its battle with the New York Athletic Club to land the city’s elite business tycoons as members. The NYAC’s own two-volume history contains only fleeting mention of that first showdown at the Polo Grounds.

Why the obscurity? All we have are theories. Perhaps because he was Jewish, and as such, ineligible in the late 19th century for membership in the NYAC, which has been the principal guardian of American track-and-field history for nearly 150 years. “If he’d been a member of the New York Athletic Club, they would certainly have kept his memory alive,” says historian Roger Robinson. “Their clubhouse is an important archive of tributes to the role their members have played in the sport. But given attitudes [toward Jews] at that date, Myers would not have been eligible.” And even among Jewish sports fans, Myers lacked a constituency that may have kept his name alive, says Alan S. Katchen, a track historian at Capital University in Ohio and a one-time regional director of the Anti-Defamation League. “He was a Sephardic Jew with deep roots in this country,” says Katchen. “He didn’t speak Yiddish. He had very little in common with the poor immigrants living in Manhattan then. He wasn’t one of them.”

Perhaps, too, he simply did not live long enough for times to change. After a brief post-athletics career as a horse-racing bookmaker, Myers died at age 40 of pneumonia. He was unmarried, and services were held at the home of his father, Solomon, in Manhattan.

When Solomon buried his son in Kensico Cemetery outside the city, he did so with a gesture befitting his career as a jeweler. He placed beside the family headstone a small marker carved with the diamond insignia of the Manhattan Athletic Club. Then he inlaid the diamond with a pane of cherry-colored glass. The glass is shattered now. There are only a few splinters left. ■

RUNNER'S WORLD (ISSN 0897-1706) IS PUBLISHED 11 TIMES A YEAR, MONTHLY EXCEPT BI-MONTHLY IN JANUARY/FEBRUARY, BY RODALE INC. VOLUME 50 NUMBER 6, EDITORIAL OFFICES 400 SOUTH 10TH ST, EMMAUS, PA 18098 (610-967-5171). ©2015 RODALE INC. ALL RIGHTS RESERVED. **POSTMASTER:** SEND ADDRESS CHANGES TO RUNNER'S WORLD, P.O. BOX 26299, LEHIGH VALLEY, PA 18022-6299. PERIODICALS POSTAGE PAID AT EMMAUS, PA, AND ADDITIONAL MAILING OFFICES. **IN CANADA** POSTAGE PAID AT GATEWAY MISSISSAUGA, ONTARIO. CANADA POST PUBLICATIONS MAIL AGREEMENT NUMBER 40063752. RETURN UNDELIVERABLE CANADA ADDRESSES TO RUNNER'S WORLD, 2930 14TH AVE. MARKHAM, ONTARIO L3R 5Z8. GST #R122988611. SUBSCRIBERS: IF THE POSTAL AUTHORITIES ALERT US THAT YOUR MAGAZINE IS UNDELIVERABLE, WE HAVE NO FURTHER OBLIGATION UNLESS WE RECEIVE A CORRECTED ADDRESS WITHIN 18 MONTHS. PRINTED IN THE U.S.A.



RUN PAIN FREE!



COUNT'R FORCE
Arch Brace
The Original

Relieves: PLANTAR FASCIITIS and HEEL SPUR PAIN
Foot exercises included.

Knee Brace	Shin Brace
	

www.countforce.com
Medical Sports Inc. 1-800-783-2240

AMERICA'S FAVORITE RUNNING JEWELRY
SINCE 2007

YOU DID IT NOW

flaunt it...

Personal Record
PR

Inspired ENDURANCE .COM




RAINBOW RACING SYSTEM™
World Leader in Race Numbers & Supplies

CALL 1-800-962-1011
or visit us on the web
www.rainbowracing.com

Online ordering available for generic race numbers and supplies!



BUY 3 HEADBANDS GET ONE FREE

USE CODE
FIRECRACKER
Expires 07.31.15



BONDIBAND
BONDIBAND.COM

*Offer valid on \$9 bands only. Includes fashion, solid and sayings headbands. Excludes bargain bin, clearance, bling bands, DVD, custom and wholesale orders.

START
Your Marathon Training Here

MILE 1 - SHOES
New Balance Fresh Foam Zante
ASICS GEL-Cumulus 17
Find your Fit!

MILE 10 - APPAREL
Moving Comfort Rebound Racer Bra
Brooks Essential 2-in-1 Shorts
Extra comfort pays dividends.

MILE 4 - HYDRATION
Nathan VaporElite 2 44 oz Waist Pak
Stay hydrated.

MILE 25 - GPS WATCH
Timex IRONMAN One GPS+
Alert Friends - you're almost done!

MILE 13.1 - NUTRITION
Huma Chia Energy Gel
Honey Stinger Energy Chews
Stay fueled.

FINISH Your Marathon with holabirdsports.com









RUN HANDSFREE
Carry your training and race day essentials
CASH • KEYS • I.D. • PHONE



SPIBELT™
SMALL PERSONAL ITEM BELT

SPIBELT.COM 866.966.4440



GONE FOR A RUN .COM

THE LARGEST SELECTION OF MEDAL HANGERS

TAKE 15% OFF ALL MEDAL DISPLAYS

CODE: **MEDALS15** Only Applies to RunnersWALL, MedalART and Hooked On Medals

Expires 7/31/15

YOUR NAME

**COURAGE TO START
STRENGTH TO ENDURE
RESOLVE TO FINISH**

866.329.5603 • GONEFORARUN.COM

Don't Get Caught in the Dark

LED Slap Band

LEG

LEDXGEAR.COM

800.255.8717

NEVER STOP RUNNING

Every day, more and more runners are using the ElliptiGO to stay healthy and extend their running lives.

Try one at a dealer near you.

www.elliptigo.com

ELLIPTIGO
RUN WITHOUT IMPACT

T-shirt Quilts

We make your T-shirts into a quilt.

As Seen On:
Today Show
Real Simple
Rachael Ray
ESPN

- 100% Quilted
- Outstanding Quality
- Made from your T-shirts
- Great Prices!

800-880-8534
www.CampusQuilt.com

Call today for \$10 off.

Speakers in the vest. Nothing in your ears.

RoadNoise

WWW.ROADNOISE.COM

ATHENA PHEROMONES™ INCREASE AFFECTION

♥ Julie (CAN) "I tried the 10:13 for the first time last night. My husband professed his love for me 4 times in 30 minutes! Maybe he was getting a concentrated dose; we were in a car. Let's just say that this result is way above the baseline."

♥ Joseph (MI) "You did the research! I was shocked at how well 10X worked. I am married and within 5 days the affection level went up 20 fold!"

Created by Dr. Winnifred Cutler
• Ph.D., U. Penn in biology postdoc, Stanford, behavioral endocrinology
• Co-discovered human pheromones in 1986

Not in Stores. Order Online.
Athenainstitute.com
or Call **610-827-2200** Free US Shipping
Athena Institute, 1211 Braefield Rd, Chester Spgs, PA 19425

UNSCENTED
INCREASES YOUR ATTRACTIVENESS
Vial of 1/6 oz. added to 2-4 oz. of fragrance, worn daily lasts 4-6 mos. Effective in published studies. Cosmetic.
Will work for most, but not all. 10:13 for women \$98.50, 10X for men \$99.50.

RUN FOR GOD.

RUNNING

WHAT DOES GOD

HAVE TO DO WITH IT?

LIVE IT. LOVE IT. TEACH IT!

RUNFORGOD.COM

Elektroplate

26.2

13.1

26.2

USA
TRIATHLON
ASSOCIATION

IRONMAN
TRIATHLON

ITRI

The Classy Alternative to Bumper Stickers
www.chromeemblems.com

IONLOOP®
Negative Ions + Magnets

NEW

THE NEW YORK
THE BOSTON
HIT the Pavement

Get your winning edge!

800.255.8717 www.ionloop.com

Still Sitting on Towels?

Seat Shield

Waterproof
Odor-proof
Comfortable
Easy On & Off

Don't let sweat ruin your car seats

Made in USA

www.SeatShield.com 888-643-8976

PRO-TEC ATHLETICS

Available at a run store near you!

IT Band
COMPRESSION WRAP

Knee Pro-Tec®
PATELLAR TENDON STRAP

Shin Splints
COMPRESSION WRAP

Relieves: Outside of knee pain Pain in patella and below Shin pain

(800) 779-3372 • pro-tecathletics.com

HALO
HEADBAND

PATENTED SWEAT BLOCK SEAL INSIDE

NO SWEAT IN THE EYES!

HALOHEADBAND.COM

CLASSIFIED

RUNNING LIGHTS

KNUCKLE LIGHTS

Light Up Your Run

Knuckle Lights Are Worn on your hands, in the perfect position to light your path and be seen.

www.knucklelights.com

DETERGENT

SportSuds™

Dislodge odor-causing bacteria and oils from fabric and rinse them away with Sport Suds laundry detergent. Hypoallergenic, biodegradable, non-toxic and fragrance free.

www.sportsuds.com

SPECIALTY RUNNING RETAILERS:



PARTNER WITH RUNNER'S WORLD TO DRIVE SALES, TRAFFIC, AND PROFITS!

OUR GUARANTEED RISK-FREE PROGRAM

FREE custom display rack for your store +
a **generous profit margin** on every magazine sold

TO JOIN, CALL 1-800-845-8050, EX. 3

E-MAIL US AT RODALEDIRECTSALES@RODALE.COM

OR VISIT OUR WEBSITE AT WWW.RODALEINC.COM/RETAIL-INQUIRIES.

MARLEN ESPARZA

25, OLYMPIC BOXER, COLORADO SPRINGS



"I never start slow. I want to be in the front pack. And every round in a fight, I throw the first punch."

I GOT INTO boxing when I was 11 because my dad was a huge fan. I had to beg people to train me, and people made jokes. I would cry a lot in private—never in public.

WHEN I WENT TO the gym as a kid, I wore baggy clothes because I didn't want the guys to think I was there to flirt. So being in the CoverGirl campaign when I won

bronze in the 2012 Olympics was a big deal.

I STARTED running in seventh grade, and in high school I got a few scholarship offers for cross country. I enjoyed it, but it was always to get better for boxing.

NIKE, MY SPONSOR, invited me to their Women's Half Marathon in

● Esparza, with a career record of 120-10, has won nine USA Boxing National Championships and the 2012 Olympic bronze medal as a flyweight. Run with her at the Nike Women's 15K in Toronto on June 14.

San Francisco last year. I got so serious my coach said, "You need to calm down with the running." But I didn't want to look stupid. I finished in 1:32, placing 49th.

IN BOTH SPORTS, I have to remember what to do, but I can't overthink it. I do make sure my steps and my breathing are right. But it has to be this perfect balance of technique and natural habit.

I RUN EVERY DAY. Sometimes it's four miles, any pace. Another day it's two miles as fast as I can. It's always different.

BACK HOME IN HOUSTON, I get recognized a lot. I used to run the same mile loop every day, and sometimes people would start running with me. They'd be like, "Hey, are you the boxer?"

I ADORE Joan Benoit Samuelson. She was a trailblazer for women, too. And she's still on it. I hope I can still do the kinds of things she does when I'm older.

WHEN I WAKE UP on the day of a fight or a race, as soon as I open my eyes, I think: *Today is the day*. That's it. Just that one sentence.

I MADE SURE I showed up to the Nike Half with my nails done. I do that before fights, too. I'm a big believer that if you feel good, then you perform good.

I'M THINKING ABOUT getting into triathlons competitively after the Olympics in 2016. I'm a good swimmer and a good runner; I just need to work on cycling.

FOR NOW, my focus is on the Pan American Games in July. I won my ninth national title in January. It's been a big year for me. 🏆



MULTIPLY
YOUR
POWER

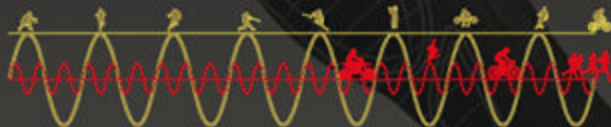


MUSCLE CONTAINMENT STAMPING
THE FUSION OF THE HUMAN
BODY + 2XU COMPRESSION
TECHNOLOGY FOR HUMAN
PERFORMANCE. MULTIPLIED.

UNPARALLELED
POWER + SUPPORT FOR:

EXPLOSIVE OR RAPID
MOVEMENT ACTIVITY
WHERE THE MUSCLE GROUPS ARE
MOVING WITH HIGH OSCILLATION
AT LOW FREQUENCY AND NEED
MAXIMUM SUPPORT AND
CONTAINMENT

REPETITIVE MOVEMENT
OVER A LENGTH OF TIME
WHERE THE MUSCLE GROUPS HAVE
LOW MUSCLE OSCILLATION AT A HIGH
FREQUENCY AND NEED SUPPORT FOR
EXTENDED PERIODS



THE WORLD'S MOST ADVANCED COMPRESSION TECHNOLOGY

2XU.COM >

2XU
HUMAN PERFORMANCE. MULTIPLIED.



YOU MIGHT NOT NEED IT.

BUT CAN YOU LIVE WITHOUT IT?

zoom-zoom

2016 MAZDA MX-5 MIATA | DRIVING MATTERS™



Pre-production model shown. Available Summer 2015.